

Read the label. Check the portion.

A practical checklist for your next food shop or meal log.

☐ Find the serving size.

Check whether the numbers refer to one serving, the package or 100 g.

☐ Match your portion.

Two servings means twice the listed sugar. Compare products on the same basis.

☐ Separate total and added sugars.

On US labels, added sugars are already included in total sugars. Do not add them together.

☐ Read the ingredients too.

Sugar, dextrose, honey and syrups can contribute added sugars. Names alone do not tell you the grams.

☐ Check a scan before saving.

Confirm the product, portion and sugar figure against the package. Correct estimates when needed.

Compare these illustrative label excerpts

Not real products or complete Nutrition Facts panels. Both servings are 40 g.

EXAMPLE A

Serving size: 40 g

Total Sugars: 12 g

Includes 8 g Added Sugars (16% DV)

EXAMPLE B

Serving size: 40 g

Total Sugars: 6 g

Includes 2 g Added Sugars (4% DV)

Two servings of A: 24 g total sugars, including 16 g added sugars. The total is 24 g, not 40 g.

B has 6 g less added sugar per serving than A. Consider the rest of the food, too. The FDA added-sugar Daily Value is 50 g for a 2,000-calorie diet; it is a label reference, not an individual target.

Outside the US

Label formats vary. A total-sugars figure alone does not identify the amount of added sugar. Use local label guidance.

Source and further reading

[FDA: Added Sugars on the Nutrition Facts Label](#)

www.sweet-off.app/guides/hidden-sugars-in-food