



Are all sugars created equal?

Natural means **just that** – the sugar is naturally part of that food, such as fruit, 100% fruit juices, honey, molasses, or milk.

For more, visit healthysd.gov
For healthy snacking tips, visit munchcode.org

Added means sugar **was added** during processing, preparation, or at the table. Read the ingredient list on the nutrition fact label. **Avoid foods that contain:** High fructose corn syrup, white sugar, brown sugar, corn syrup, corn syrup solids, raw sugar, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, anhydrous dextrose, and crystal dextrose. **They are all "added" sugar!**