Defining Added Sugars:

Many different sweeteners can be listed as added sugars on the new Nutrition Facts label. The Food and Drug Administration (FDA) divides them into these categories:

- **Sugars**, including beet sugar, brown sugar, cane sugar, dextrose, glucose, invert sugar, lactose, and maltose.
- **Syrups** like crystalline fructose, high fructose corn syrup, maltitol syrup, and maple syrup.
- Naturally-occurring sugars that are isolated from a food and concentrated so that sugar is the primary element, (think *fruit juice concentrates*).
- **Other caloric sweeteners** like honey, molasses, corn sweetener, and table sugar.

Why Add a Line for Added Sugars?

The FDA added a line to the Nutrition Facts label to discuss added sugar content because they want to make it easier for people to make informed and healthful choices.

After all, the FDA asserts, “added sugars […] can have a negative impact on health. A decision to not require a separate declaration of added sugars on the label would not allow consumers to determine the additional sugars which have been added above and beyond what is naturally present in a food which are contributing extra calories to their diet and could also contribute to a dietary pattern that is associated with disease risk.”

In other words, checking for added sugars is important when you’re on the road to good health.