

# Understanding the Nutrition Label: Carbohydrate, Sugar and Fiber

***Learning for Life***

***4 grams of sugar equals 1 teaspoon!***

**The University of Georgia  
Cooperative Extension**

**Contact your local office at**



- **Total carbohydrate on the label includes starches, sugars and fiber.**
- **To control diabetes, use the total carbohydrate grams and not sugar grams.**
- **Fiber is the only carbohydrate that does not raise the blood glucose or provide calories.**
- **The sugar grams listed includes both added and natural sugar.**

**Women over age 50 need at least 20 grams of fiber per day. Men over age 50 need at least 30 grams.**



### **Common Names for Sugar In the Ingredient List**

<b>Brown sugar</b>	<b>Invert sugar</b>
<b>Honey</b>	<b>Maltose</b>
<b>Corn syrup</b>	<b>Malt syrup</b>
<b>Dextrose</b>	<b>Molasses</b>
<b>Fructose</b>	<b>Raw sugar</b>
<b>Fruit juice concen- trates</b>	<b>Sucrose</b>
<b>Glucose</b>	<b>High Fructose Corn Syrup</b>

**Both natural and added sugar will raise your blood sugar. However foods with natural sugar like milk and fruit also usually have vitamins and minerals. Added sugar often is found with fat and processed ingredients.**

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