Free guide

# Added-sugar label reading

LIVE BETTER. MAKE LIFE MATTER.

A short way to find added sugars on a food label. lifeZoi does not set a personal sugar limit.

## Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. This is label reading, not a diet and not a diagnosis. A registered dietitian or clinician can help with personal food decisions.

**These guides are not treatment.**

## Find the line

Pick up the package and find the Nutrition Facts label.

Find Total Sugars, then the line for Added Sugars.

The word includes means the added sugars are part of the total sugars.

## Compare

Look at two products you might actually buy.

Read the Added Sugars line on each.

Then read the ingredient list for sugar, honey, or syrup.

## Where to read more

The FDA page explains how added sugars are listed. Use that page for the label rules.

lifeZoi Nutrition has an added-sugar section. This PDF does not replace it.

## Open this guide in lifeZoi

https://www.lifezoi.com/academy/move/resources/guides/added-sugar-label-reading

## Sources linked, not copied

### Added Sugars on the Nutrition Facts Label (U.S. Food and Drug Administration)

https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label

### Labels and added sugar (lifeZoi)

https://www.lifezoi.com/academy/meals#sugar-hiding

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.