

What about sugar?



Natural occurring sugars: sugars that are naturally present in fruit and vegetables, as well as in milk and yogurt. They are good for human health.



Free sugars: sugars that are added to drinks and food to sweeten them, as well as sugars in honey, syrups, and fresh fruit juices. They need to be consumed in moderate quantities.



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Preventia

Preventing diabetes, obesity, and cardiovascular diseases

WHAT ARE PACKAGING AND LABELS ?

PACKAGING

- Contains the look and brand of your product.
- With logos, symbols and health and environmental claims



They show everything you need to know about your product:

LABELS

- **Ingredients:** Everything found in the product, in quantity order.
- **Allergens:** clearly marked in bold so you can quickly identify them.
- **Energetic value**
- **Nutritional values**

Nutrition Facts

Serving Size 1/2 cup	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily Value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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