Added Sugars Reading Note

The included amount is already in the total.

Accurate label reading comes before an ordinary food choice.

Hypothetical example: two adults read the current yogurt panel, keep total and added sugars separate, and choose a suitable breakfast product.

01 Define the comparison

Identify the current product and comparison question.

Current product and package date

Meal role to fill

Similar alternative to compare

02 Read the sugar lines

Record total sugars, added sugars and their serving basis.

Serving amount and column

Total sugars shown

Included added sugars shown

Added Sugars Reading Note / Review & follow-through

03 Choose the product

Explain the practical product choice.

Ingredient requirement

Cost and preparation fit

Actual purchase or serving decision

04 Review the next package

Check the next purchased label before relying on the note.

Person checking the next label

Change noticed

Updated choice or unresolved question