

** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are GRAMS; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are MILLIGRAMS **

sugars

Fruit spread, Smuckers simply fruit Quantity: 1 Tbsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	0	10	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0

Honey, raw Quantity: 1 tsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	0	6	0	6	0	0	0	0	0	0	0	0	0	4	0	0	0

Honey, raw Quantity: 1 Tbsp 21g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
64	0	17	0	17	0	1	0	0	1	0	0	0	0	11	0	0	0

Jelly, concord grape, Welch's reduced sugar Quantity: 1 Tbsp 17g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	5	0	5	0	15	0	0	0	0	0	0	0	0	0	0	0

Molasses, unsulphered natural Quantity: 1 Tbsp 20g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	0	15	0	11	0	25	0	3	100	0	0	0	0	290	80	0	0

Syrup, Pure Maple Quantity: 1 Tbsp 20g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	0	13	0	12	0	2	0	0	13	0	0	0	0	41	3	1	0

sugars-refined

Sugar, brown Quantity: 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	0	49	0	49	0	14	0	0	42	0	0	0	0	67	5	0	0

Sugar, brown Quantity: 200g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
380	0	98	0	97	0	28	0	1	83	0	0	0	0	133	9	0	0

Sugar, brown, packed Quantity: 1 tsp 4g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
17	0	4	0	4	0	1	0	0	4	0	0	0	0	6	0	0	0

Sugar, brown, packed Quantity: 1 Tbsp 12g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	12	0	12	0	3	0	0	11	0	0	0	0	18	1	0	0

Sugar, brown, packed Quantity: 1 cup 220g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
836	0	216	0	213	0	62	0	2	183	0	0	0	0	293	20	0	0

Sugar, brown, unpacked Quantity: 1 cup 145g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
551	0	142	0	141	0	41	0	1	120	0	0	0	0	193	13	0	0

Sugar, white granulated Quantity: 1 tsp 4g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
15	0	4	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0

Sugar, white granulated Quantity: 1 Tbsp 12g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	12	0	13	0	0	0	0	0	0	0	0	0	0	0	0	0

Sugar, white granulated Quantity: 1 cup 200g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
774	0	200	0	200	0	0	0	0	2	0	0	0	0	4	0	0	0