

## NO ADDITIONAL SUGAR VS REGULAR JAM

es, water, gulator	Fruit content: 40 g per 100 g. Total sugar content: 49 g per 100 g.
the lid can	<b>Nutrition Information</b> (per 100g)
rk by: rik A/S	Energy: (200 kcal) 830 kJ
Pastrup	Protein: 0 g
	Carbohydrate: 49 g
	Fat: 0 g
	Keep refrigerated upon opening. Best before: See lid.



### No added sugar — but really less sugary than regular jam?

Nope. The amount of sugar “naturally present in the fruit” in the seemingly less sugary jam actually holds 56g of sugar compared to the regular jam’s 49g. Possibly because more fruit (which is naturally sweet) had to be added to the former to compensate for the lack of “additional sugar”.

Made under the direction of and distributed by ST. DALFOUR FRERES, B.P.N°95, 41004 CERES FRANCE www.stdalfour.com

NUTRITION TYPICAL VALUE		
Serving per package: 12 PER 100 g 305 g PER SERVING (12g)		
ENERGY	968 kJ, 228 kcal	184 kJ, 43 kcal
PROTEIN	0,7 g	0,1 g
CARBOHYDRATE	56 g	11 g
of which sugars	56 g	11 g
STARCH	0 g	0 g
FAT	0,1 g	0,02 g
of which saturates	0 g	0 g
FIBRE	3 g	0,6 g
SODIUM	Less than 0,1 g	Less than 0,02 g
CHOLESTEROL	Less than 1 mg	Less than 0,3 mg

SUITABLE FOR DIABETICS  
Sole agent for Singapore: SHRIRO (S) Pte. Ltd.

According to the US Food & Drug Administration, other names for added sugars include “fruit juice concentrate, corn syrup, high-fructose corn syrup, and sucrose”. That said, the St Dalfour jam is probably still better for you as it contains natural sugar. Just don’t inhale the whole jar at one go.

## UNSALTED VS CHEDDAR CHEESE POTATO CHIPS

### Less salt, but still the same calories & fats

It’s great that the unsalted version contains just 5mg of sodium compared to the Cheddar’s whopping 190mg. One should consume less than 2,300mg sodium per day (about a tsp). But if you think the former is less fattening, dream on. Both contain identical amounts of calories, fat and carbs. So unless you need to cut down on salt for health reasons, you’re better off choosing the flavour you prefer. Yay again!

### Serving sizes

It’s crucial to note that nutrition facts are often based on just one serving — and there’re usually more than one serving in a single food item. This bag of chips has five. So if you polish off the whole thing in one sitting, multiply the amount of calories and fats listed here by five. ▣

Nutrition Facts	
Serving Size 1 oz (28g/about 13 chips)	
Servings Per Container: 5	
Amount Per Serving	Calories from Fat 80
<b>Calories 150</b>	<b>% Daily Value*</b>
<b>Total Fat 9g</b>	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
<b>Sodium 190mg</b>	8%
<b>Potassium 400mg</b>	11%
<b>Total Carbohydrate 16g</b>	5%
Dietary fiber 1g	4%
Sugars 1g	
Protein 2g	

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<b>Total Fat 9g</b>	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
<b>Sodium 5mg</b>	0%
<b>Potassium 440mg</b>	13%
<b>Total Carbohydrate 16g</b>	5%
Dietary fiber 2g	8%
Sugars 0g	
Protein 2g	

