Kentucky Department of EDUCATION

Calculating Calories from Added Sugars

Beginning in school year 2027-28, a 10% cap on calories from added sugars will be implemented. Visit the USDA's website for more information on the Final Rule. Below are some key considerations to keep in mind when it comes to added sugars:

- Some foods and drinks, such as fruits and unflavored milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.
- The "total carbohydrate" and "total sugar" amounts from nutrition labels are not included in the Dietary Specification requirements.
- The product-based limits for flavored milk, yogurt, and breakfast cereals are still in effect.
- Toppings, like maple syrup or whipped cream, and condiments, like ketchup and barbeque sauce, count toward the weekly added sugar requirement.
- If your district utilizes Mosaic Back of House (BOH), you can run the menu spreadsheet report for planned menus to see if your weekly menus are below the 10% cap. Instructions for this report can be found in the BOH User Guide.



Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 11g Added Sugars	22%
Protein 8g	

Calculating the Percent of Calories from Added Sugars

1. Analyze the planned menu for the week to identify items that contain added sugars and record the grams present in each item.
2. Multiply the grams of added sugars per week by 4 (four calories per gram).
3. Add the calories of every item planned on the menu.
4. Once you have the calories from the entire week's menu and the calories from added sugars, cross multiply and divide to find the percent of calories from added sugars. See the example below.

Step 1	Step 2	Step 3	Step 4
100 individual items available this week (SBP and NSLP) **25** items contain added sugars Of those **25** items, there are **250** grams of added sugars total	**250** g x **4** cal per gram = **1000** calories from added sugars	**100** individual items available this week (SBP and NSLP) **1** serving of each **100** items = **20,000** calories	**20,000** total calories **1,000** calories from added sugars $\frac{\text{Cals from added sugars}}{\text{Total calories}} \times \frac{X}{100}$ $\frac{\mathbf{1,000}}{\mathbf{20,000}} \times \frac{\mathbf{X}}{\mathbf{100}}$ or **1,000 x 100 = 100,000** **100,000 / 20,000 = 5** **5%** of the weekly calories come from added sugars.

If the percentage of calories from added sugars is greater than 10%, strategies to reduce the percent of calories from added sugars are needed. These can include adding more items without added sugars or reducing the number of items that contain added sugars from the menu. Resources for reducing adding sugars can be found on the USDA website.