



**Updated Nutrients and Serving Size for Pure Maple Syrup:**

Nutrient	Units	100 gram Nutrients (unrounded)	39.78g (30mL) Serving Size (unrounded)	<u>Daily Value (DRV/RDI)</u>	39.78g (30mL) Serving Size (Nutritional Facts)
<b>Water</b>	g	32.15	12.79		
<b>Energy</b>	kcal	270	107		110
<b>Energy</b>	kJ				
<b>Protein</b>	g	0.04	0.02	50	0
<b>Total lipid (fat)</b>	g	0.24	0.10	78	0g, 0%
<b>Ash</b>	g	0.71	0.28		
<b>Carbohydrate, by difference</b>	g	66.89	26.61	275	27g, 10%
<b>Fiber, total dietary</b>	g	0	0	28	0g, 0%
<b>Sugars, total</b>	g	59.92	23.84		24g
<b>*Added Sugars</b>	see bottom of page 2				
<b>Sucrose</b>	g	58.93	23.44		
<b>Glucose (dextrose)</b>	g	0.65	0.26		
<b>Fructose</b>	g	0.34	0.14		
<b>Lactose</b>	g	0	0		
<b>Maltose</b>	g	0	0		
<b>Galactose</b>	g	0	0		
<b>Minerals</b>					
<b>Calcium, Ca</b>	mg	73	29	1300	29mg, 2%
<b>Iron, Fe</b>	mg	0.11	0.04	18	0mg, 0%
<b>Magnesium, Mg</b>	mg	21	8	420	8mg, 2%
<b>Phosphorus, P</b>	mg	2	1	1250	1mg, 0%
<b>Potassium, K</b>	mg	225	90	4700	90mg, 2%
<b>Sodium, Na</b>	mg	12	5	2300	5mg, 0%
<b>Zinc, Zn</b>	mg	0.7	0.3	11	0.3mg, 2%
<b>Copper, Cu</b>	mg	0.074	0.029	0.9	0.029mg, 4%
<b>Manganese, Mn</b>	mg	2.3	0.9	2.3	0.9mg, 40%
<b>Selenium, Se</b>	µg	0.6	0.2	55	0.2mg, 0%
<b>Vitamins</b>					
<b>Vitamin C, total ascorbic acid</b>	mg	0	0	90	0mg, 0%
<b>Thiamin</b>	mg	0.066	0.026	1.2	1.2mg, 2%
<b>Riboflavin</b>	mg	1.27	0.51	1.3	0.51mg, 40%
<b>Niacin</b>	mg	0.081	0.032	16	0mg, 0%
<b>Pantothenic acid</b>	mg	0.03	0.01	5	0mg, 0%
<b>Vitamin B-6</b>	mg	0.002	0.001	1.7	0mg, 0%
<b>Folate, total</b>	µg	0	0		
<b>Folic acid</b>	µg	0	0		
<b>Folate, food</b>	µg	0	0		
<b>Folate, DFE</b>	µg	0	0	400	0mg, 0%
<b>Choline, total</b>	mg	1.6	0.6	550	
<b>Vitamin B-12</b>	µg	0	0	2.4	0µg, 0%
<b>Vitamin B-12, added</b>	µg	0	0		

<b>Vitamin A, RAE</b>	µg	0	0	900	0µg, 0%
<b>Retinol</b>	µg	0	0		
<b>Carotene, beta</b>	µg	0	0		
<b>Carotene, alpha</b>	µg	0	0		
<b>Cryptoxanthin, beta</b>	µg	0	0		
<b>Vitamin A, IU</b>	IU	0	0		
<b>Lycopene</b>	µg	0	0		
<b>Lutein + zeaxanthin</b>	µg	0	0		
<b>Vitamin E (alpha-tocopherol)</b>	mg	0	0	15	0mg, 0%
<b>Vitamin E, added</b>	mg	0	0		
<b>Vitamin D (D2 + D3)</b>	µg	0	0	20	0mg, 0%
<b>Vitamin D</b>	IU	0	0		
<b>Vitamin K (phylloquinone)</b>	µg	0	0	120	0mg, 0%
<b>Lipids</b>					
<b>Fatty acids, total saturated</b>	g	0.007	0.00	20	0g, 0%
<b>4:00</b>	g	0	0		
<b>6:00</b>	g	0	0		
<b>8:00</b>	g	0	0		
<b>10:00</b>	g	0	0		
<b>12:00</b>	g	0	0		
<b>14:00</b>	g	0	0		
<b>16:00</b>	g	0.006	0.002		
<b>18:00</b>	g	0	0		
<b>Fatty acids, total monounsaturated</b>	g	0.011	0.004		
<b>16:1 undifferentiated</b>	g	0	0		
<b>18:1 undifferentiated</b>	g	0.011	0.004		
<b>20:01</b>	g	0	0		
<b>22:1 undifferentiated</b>	g	0	0		
<b>Fatty acids, total polyunsaturated</b>	g	0.017	0.007		
<b>18:2 undifferentiated</b>	g	0.017	0.007		
<b>18:3 undifferentiated</b>	g	0	0		
<b>18:04</b>	g	0	0		
<b>20:4 undifferentiated</b>	g	0	0		
<b>20:5 n-3 (EPA)</b>	g	0	0		
<b>22:5 n-3 (DPA)</b>	g	0	0		
<b>22:6 n-3 (DHA)</b>	g	0	0		
<b>Cholesterol</b>	mg	0	0	300	0mg, 0%
<b>Amino Acids</b>					
<b>Other</b>					
<b>Alcohol, ethyl</b>	g	0	0		
<b>Caffeine</b>	mg	0	0		
<b>Theobromine</b>	mg	0	0		

Sources: [USDA Food Composition Databases](#), USDA National Nutrient Database for Standard Reference 28 slightly revised May 2016 Software v.2.6.1 & [Canadian Nutrient File \(CNF\)](#), Canadian Nutrient File, 2015

\*As announced on September 6, 2018, the FDA has updated "added sugar" requirements for the pure maple industry. Pure maple syrup and pure maple sugar are single-ingredient "packaged as such" products that do not fall under the "added sugar" reporting requirement. If you are using our maple sugar or maple syrup as an ingredient, the amount of "added sugars" the FDA requires to be reported is the same as the "Sugars, Total" line.