

SUGAR CONTENT OF POPULAR FOODS

The approximate sugar content of popular foods in teaspoons full of unadorned sugar was compiled from current publications of food values: Candy runs from 75% to 85% sugar. Popular candy bars are likely to weigh one to five ounces, and may contain five to twenty teaspoons sugar. T= Tablespoon t = teaspoon

CANDIES

Hershey candy	1 bar	7 t sugar
Chewing gum	1 stick	1/2 t sugar
Chocolate cream	1 piece	2 t sugar
Butterscotch chew	1 piece	1 t sugar
Chocolate mints	1 piece	23 t sugar
Fudge	1 oz. square	4 1/2 t sugar
Life Savers	1	1/3 t sugar
Peanut brittle	1 oz.	3 1/2 t sugar

CAKES AND COOKIES

Angel food	1 (4 oz. piece)	7 t sugar
Cheese cake	1 (4 oz. piece)	2 t sugar
Chocolate cake (iced)	1 (4 oz. piece)	15 t sugar
Cup cake (iced)	1	6 t sugar
Cherry shortcake	1 serving	4 t sugar
Brownie (unfrosted)	1 (3/4 OZ.)	3 t sugar
Gingersnaps	1	13 t sugar
Macaroons	1	36 t sugar
Chocolate Eclair	1	7 t sugar
Cream puff (iced)	1	25 t sugar
Donut (plain)	1	34 t sugar
Donut (glazed)	1	6 t sugar

DAIRY PRODUCTS

Ice-cream bar	1	17 t sugar
Chocolate sundae	1 dish	14 t sugar
Ice cream soda	1	5 t sugar
Malted Milk shake	1 (10 oz. glass)	710 t sugar
Chocolate milk	1 glass	6 t sugar
Eggnog	1 glass	4 1/2 t sugar
Cocoa	1 glass	5 t sugar
Ice cream	1/8 quart	23 t sugar

JAMS AND JELLIES

Jam	1 T	46 t sugar
Orange marmalade	1 T	46 t sugar
Strawberry jam	1 T	34 t sugar

DESSERTS, MISCELLANEOUS

Blueberry cobbler	1/2 cup	3 t sugar
Custard	1/2 cup	24 t sugar
Apple Pie	1 sl. (1/6 pie)	12 t sugar
Berry Pie	1 slice	10 t sugar
Butterscotch pie	1 slice	4 t sugar
Cherry pie	1 slice	10-14 t sugar
Lemon pie	1 slice	7 t sugar
Pumpkin pie	1 slice(1/6 pie)	510 t sugar
Chocolate pudding	1/2 cup	4 t sugar
Berry tart	1/2 cup	10 t sugar
Sherbet	1/2 cup	46 t sugar
Gelatin (sweetened)	1/2 cup	4 t sugar

SYRUPS, SUGARS & ICINGS

Brown Sugar	1 T	3 t sugar
Chocolate icing	1 oz.	5 t sugar
Honey	1 T	3 t sugar
Maple syrup	1 T	2 1/25 t sugar
White icing	1 oz.	5 t sugar
Chocolate sauce	1 T	4 1/2 t sugar

BEVERAGES

Soft Drinks	1 bottle (12 oz.)	9 t sugar
Gingerale	6 oz. glass	3 1/3 t sugar
Sweet Cider	6 oz. glass	4 1/2 t sugar

CANNED FRUITS AND JUICES

Canned fruit juice (sweet)	1/2 cup	3-4 t sugar
Canned peaches	2 halves & 1 T syrup	3 1/2 t sugar
Pineapple juice	1/2 cup (unsweetend)	2 1/2 t sugar
Grapefruit juice	1/2 cup (unsweetend)	2 t sugar
Grape juice	1/2cup(commercial)	3 & 2/3 t sugar

DRY FRUITS

Apricots, dried	4 to 6 halves	4 t sugar
Prunes, dried	3 to 4 medium	4 t sugar
Dates, dried	3 to 4 pitted	4 1/2 t sugar
Figs, dried	1 1/2 to 2 small	4 t sugar
Raisins	1/2 Cup	4 t sugar

BREAD AND CEREAL

White bread	1 slice	3 t sugar
Hamburger bun	1 whole bun	3 t sugar
Hot Dog bun	1 whole bun	3 t sugar
Corn flakes	1 bowl & 1/2 tsp. sugar	3-4 t sugar
Cheerios	1 bowl & 1/2 tsp. sugar	3-4 t sugar
Wheaties	1 bowl & 1/2 tsp. sugar	3-4 t sugar

Sugar Content of Common Food Products

1. <u>Krispy Kreme</u> original glazed doughnut.....	10 g
2. <u>Luna Bar</u> berry almond	11 g
3. <u>Froot Loops</u> breakfast cereal 3/4 cup	12 g
4. <u>Ben & Jerry's</u> vanilla ice cream	16 g
5. <u>Starbucks</u> caffè latte grande 16 oz	17 g
6. <u>Godiva</u> 2 truffles	17 g
7. <u>Subway</u> 6" sweet onion teriyaki chicken sandwich	17 g
8. <u>Ms. Field's</u> chocolate chip cookie	19 g
9. <u>Tropicana</u> 100% orange juice 8 oz	25 g
10. <u>Yoplait</u> original yogurt	27 g
11. <u>Craisins</u> dried cranberries 1/3 cup	29 g
12. <u>Vitamin Water</u> 20 oz bottle	33 g
13. <u>Oscar Mayer Lunchables</u> crackers, turkey & American cheese	36 g
14. <u>Coca-Cola Classic</u> 12 oz can	39 g
15. <u>Sprinkles Cupcake</u> red velvet	45 g
16. <u>California Pizza Kitchen</u> Thai chicken salad	45 g
17. <u>Jamba Juice</u> blackberry bliss 16 oz	49 g
18. <u>Odwalla SuperFood</u> 450 ml bottle	50 g
19. <u>Starbucks</u> caffè vanilla frappuccino grande 16 oz	58 g