

How Much Sugar Is Really in Your Food?

Sugar Content in Common Foods (Compared to Measuring Spoons)

Soda (12 oz can)

Sugar Content: 39g (1/4 cup + 1 tbsp of sugar)

Flavored Yogurt (6 oz)

Sugar Content: 19g (4.5 tsp of sugar)

Granola Bar

Sugar Content: 12g (3 tsp of sugar)

Ketchup (1 tbsp)

Sugar Content: 4g (1 tsp of sugar)

Chocolate Chip Cookie

Sugar Content: 10g (2.5 tsp of sugar)

Breakfast Cereal (1 cup)

Sugar Content: 14g (3.5 tsp of sugar)

Sweetened Iced Tea (16 oz)

Sugar Content: 36g (1/4 cup of sugar)

Orange Juice (8 oz)

Sugar Content: 24g (6 tsp of sugar)

Sports Drink (20 oz)

Sugar Content: 34g (2 tbsp + 1 tsp of sugar)

Candy Bar

Sugar Content: 27g (2 tbsp of sugar)

Plain Greek Yogurt (6 oz)

Sugar Content: 6g (1.5 tsp of sugar)

Apple (Medium)

Sugar Content: 19g (4.5 tsp of natural sugar)

Banana (Medium)

Sugar Content: 14g (3.5 tsp of natural sugar)

Dark Chocolate (70%+)

Sugar Content: 7g (1.5 tsp of sugar)