**Hidden Sugar in Foods**

**How much sugar is there in some of the common foods we eat?**

- One teaspoon of sugar = 4 grams
- These are sugar totals, not carbohydrates
- Not all “sugar” is added, but all sugar causes insulin response

### Cereals
- Rice Krispies – 3g
- Berry Krispies – 9g
- Lucky Charms – 12g
- Cheerios – 1g
- Frosted Cheerios – 13g
- Corn Chex – 3g
- Frosted Chex – 11g
- Cocoa Pebbles – 9g
- Honeycomb – 10g
- Oreo O’s – 13g
- Honey Bunches of Oats – 6g
- Oatmeal – 0g
- Maple/Brown Sugar Oatmeal – 13g

### Beverages
- Coca Cola -30g – 2 ½ tablespoons of sugar
- Gatorade – 14 g

### Panera Bread
- Plain bagel – 5g
- Chocolate chip bagel – 16g
- Cinnamon crunch bagel – 22g
- Brownie – 48g – (1/4 cup of sugar)

### Starbucks
- Cappuccino – 11g
- Iced latte – 11g
- Caramel Frappuccino – 52g (1/4c sugar)

### McDonalds
- Quarter pounder – 8g
- McNuggets – 0g
- Sweet and sour sauce – 10g
- Ketchup – 2g
- Egg McMuffin – 2g
- Cinnamon roll (small) – 26g
- Hot Fudge Sundae – 48g (1/4c sugar)

### Other
- Banana – 22g
- Bread – 1g

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