



# 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

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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