

SUGAR CONTENT OF POPULAR FOODS

The approximate sugar content of popular foods in teaspoons full of granulated 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.

Tbsp = Tablespoon

tsp = teaspoon

Food Type	Serving Size	Sugar Content
CANDIES		
Hershey candy	1 bar	7 tsp
Chewing gum	1 stick	½ tsp
Butterscotch chew	1 piece	1 tsp
Fudge	1 oz. square	4 ½ tsp
Life Savers	1	1/3 tsp
Peanut brittle	1 oz.	3 ½ tsp
CAKES AND COOKIES		
Cheese cake	1 (4 oz. piece)	2 tsp
Chocolate cake (iced)	1 (4 oz. piece)	1-5 tsp
Cup cake (iced)	1	6 tsp
Brownie (unfrosted)	1 (¾ oz.)	3 tsp
Macaroons	1	1-6 tsp
Chocolate Eclair	1	7 tsp
Cream puff (iced)	1	2-5 tsp
Donut (plain)	1	3-4 tsp
Donut (glazed)	1	6 tsp
DAIRY PRODUCTS		
Ice-cream bar	1	2-5 tsp
Chocolate sundae	1 dish	2-4 tsp
Ice cream soda	1	5 tsp
Malted Milk shake	1 (10 oz. glass)	7-10 tsp
Chocolate milk	1 glass	6 tsp
Cocoa	1 glass	2 tsp
Ice cream	1/8 quart	2-3 tsp
JAMS AND JELLIES		
Jelly	1 Tbsp	4 tsp
Orange marmalade	1 Tbsp	2 tsp
Strawberry jam	1 Tbsp	2 tsp

DESSERTS, MISCELLANEOUS

Custard	½ cup	12 tsp
Apple Pie	1 slice (1/6 pie)	6 tsp
Butterscotch pie	1 slice	4 tsp
Cherry pie	1 slice	10 tsp
Lemon pie	1 slice	7 tsp
Pumpkin pie	1 slice (1/6 pie)	5 tsp
Chocolate pudding	½ cup	4 tsp
Sherbet	½ cup	4 tsp
Gelatin (sweetened)	½ cup	4 tsp

SYRUPS, SUGARS & ICINGS

Brown Sugar	1 Tbsp	3 tsp
Chocolate icing	1 oz.	5 tsp
Maple syrup	1 Tbsp	2 tsp
White icing	1 oz.	5 tsp
Chocolate sauce	1 Tbsp	4 ½ tsp

BEVERAGES

Soft Drinks	1 bottle (12 oz.)	9 tsp
Vitamin water	1 bottle	7 tsp

CANNED FRUITS AND JUICES

Canned fruit juice (sweet)	½ cup	3-4 tsp
Pineapple juice	½ cup (unsweetend)	2 ½ tsp
Grapefruit juice	½ cup (unsweetend)	2 tsp
Grape juice	½ cup (commercial)	3 - 4 tsp

DRY FRUITS

Raisins	½ cup	4 tsp
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BREAD AND CEREAL

White bread	1 slice	3 tsp
Hamburger bun	1 whole bun	3 tsp
Corn flakes	1 bowl	3 tsp
Cheerios	1 bowl	3 tsp
Wheaties	1 bowl	3-4 tsp

**HOW SWEET IS BREAKFAST?
THE SUGAR CONTENT OF READY TO EAT CEREALS**

Product	Manufacturer	Total Sugar (% dry weight)
Froot Loops	Kellogg	48.0
Sugar Corn Pops	Kellogg	46.0
Cocoa Pops	Kellogg	43.0
Cap'n Crunch	Quaker Oats	40.0
AllBran	Kellogg	19.0
Fortified Oat Flakes	General Foods	18.5
GrapeNuts Flakes	General Foods	13.3
40% Bran Flakes	General Foods	13.0
Special K	Kellogg	9.2
Wheaties	General Mills	8.2
Rice Krispies	Kellogg	7.8
GrapeNuts	General Foods	7.0
Corn Flakes	Kellogg	5.3
Cheerios	General Mills	3.0
Shredded Wheat	Nabisco	0.6
Puffed Wheat	Quaker Oats	0.5

Source: Based on an analysis published in 1979 by the U.S. Department of Agriculture of cereals that account for 90 percent of those purchased by Americans.

Note: For a more reasonable balance of nutrients, concentrate on those cereals that contain less than 10 percent sugar.