



















The Sugar Detective Takes a Closer Look...

 = 4 grams of sugar

















Beverages **	Serving Size (oz)	Cals/serv	Sugar (g)	Sugar (tsp)
<i>Propel Zero</i>	8	0	0	
<i>Vanilla soy milk, Silk</i>	8	100	8	
<i>Gatorade Original</i>	8	50	14	
<i>100% Orange Juice</i>	8	110	22	
<i>Starbucks Coffee Frappuccino® Light Blended Coffee no whip</i>	16 (Grande)	110	23	
<i>Arizona Lemon Ice Tea</i>	8	100	25	
<i>Energy drink, Red Bull</i>	8.3 (can)	115	26	
<i>Mott's 100% Apple Juice</i>	8	120	28	
<i>Vitamin Water, Defense Flavored</i>	20 (bottle)	125	32.5	
<i>Nestea, Ice Tea, Lemon Flavored</i>	12	120	33	
<i>Dunkin Donuts Iced Caramel Swirl latte, small, with skim milk</i>	16	180	35	
<i>Coca-Cola</i>	12	140	39	
<i>Starbucks Tazo Chai Latte with Nonfat Milk</i>	16 (Grande)	210	43	
<i>Gatorade Performance Series</i>	32	200	56	
<i>Snapple Iced Tea, Peach</i>	16 (bottle)	200	48	
<i>Dunkin' Donuts Coolatta, Tropicana Orange, small</i>	16	210	51	
<i>Snapple Kiwi Strawberry Juice</i>	16 (bottle)	220	52	
<i>Starbucks Strawberry & Crème Frappuccino® with whip, skim milk</i>	16 (Grande)	420	71	
<i>Dunkin' Donuts Coolatta, Vanilla Bean, small</i>	16	420	86	





Resource Consulted: Specific nutritional facts on products' websites.
 **NOTE: Use of brand names does not constitute an endorsement of these products.
 Updated March 2012

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Frozen Desserts **	Serving Size	Cals/serv	Sugar (g)	Sugar (tsp)
<i>TBCY non-fat chocolate soft serve</i>	1/2 cup	110	18	
<i>Haagen-Dazs Low-fat Chocolate Sorbet</i>	1/2 cup	130	20	
<i>Ben & Jerry's Chunky Monkey</i>	1/2 cup	290	27	
<i>McDonald's McFlurry, Oreo</i>	12 oz (small)	560	71	
<i>Burger King Chocolate Shake</i>	Medium	760	112	





Cereals/Breakfast foods **	Serving Size	Cals/serv	Sugar (g)	Sugar (tsp)
<i>Corn Flakes, Kellogg's</i>	1 cup	100	2	
<i>Quaker instant Oatmeal, Maple & Brown Sugar</i>	1 packet	160	9	
<i>Cinnamon Toast Crunch, General Mills</i>	3/4 cup	130	10	
<i>Cheese Danish, Starbucks</i>	1 danish	420	16	
<i>Low-fat Granola with Raisins, Kellogg's</i>	2/3 cup	230	17	
<i>Raisin Bran, Kellogg's</i>	1 cup	190	17	
<i>Low-Fat Vanilla Yogurt, Stonyfield Farms</i>	6 oz	130	21	
<i>Vanilla Yogurt with granola and blueberries, Au Bon Pain</i>	1 small cup	310	36	
<i>Classic Cinnamon Roll, Cinnabon</i>	1 roll	880	59	

Canned/Dried Fruits **	Serving Size	Cals/serv	Sugar (g)	Sugar (tsp)
<i>Fruit Snacks, Diced Peaches, Del Monte</i>	4 oz (1 bowl)	70	16	
<i>Canned Pineapple in heavy syrup, Dole</i>	1/2 cup	90	22	
<i>Craisins, Sweetened dried cranberries, OceanSpray</i>	1/3 cup	130	26	
<i>Dried Mango, Sunsweet</i>	1/3 cup	160	32	

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Condiments & Sauces **	Serving Size	Cals/serv	Sugar (g)	Sugar (tsp)
<i>Teriyaki Sauce, Kikkoman's</i>	1 Tablespoon	15	2	
<i>Tomato Ketchup, Heinz</i>	1 Tablespoon	20	4	
<i>Honey Mustard Dipping Sauce, Burger King</i>	1 packet	90	7	
<i>Jellied Cranberry Sauce, Ocean Spray</i>	1/4 cup	110	21	

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