

SUGAR GUIDE

“MODERATION IN ALL” – average amounts listed.
Always look for hidden sugars and beware of anything ending with “OSE”.
Remember sucrose is sugar!

	Size	Teaspoons
Snicker’s Bar	2.1 oz.	5.75
Honey Bun	3.25 g	6
Low-Fat Fruit Yogurt		7
Chocolate Cake	3 oz.	8.5
Cinnamon Roll (medium)	4.70 g	9.5
Canned Soda	12 oz.	10.25
Pancake Syrup	¼ c.	10.25
Fruit Pie (1 medium slice)		11.5
Vanilla Shake		12
Orange Soda		13
McDonald’s Misty Flurry with Butterfingers	10 oz.	13.75
Dairy Queen Misty Slush	32 oz.	28

Values calculated by the Center for Science in the Public Interest

The above listed information has been furnished by:

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