

Sugar Content

Below is a comparison of a variety of different foods and the amount of sugar in grams they contain. The average American eats 53 teaspoons of sugar each day, or 212 grams per day.

(Each equals one gram of sugar)

Cheerios (1 cup)
Apple Cinnamon Cheerios
Mustard (1 T)
Ketchup (1 T)
Club Soda (12 oz.)
Orange Juice (12 oz)
Cola (12 oz)

Lentil Soup (1 cup)
Tomato Soup (1 cup)
Yogurt, Vanilla (8 oz)
Yogurt,
fruit on the bottom (8 oz)

Turkey Breast (4 oz)
Honey Roasted
Turkey Breast (4 oz)

