

Sugar Shockers!

Popular Food Items Ranked by Amount of Sugar

| Food | Typical Serving | Calories | Sugar (g) | Sugar (tsp) |
|--|-----------------|----------|-----------|-------------|
| McDonald's Triple Thick Choc Shake (medium) | 16 oz | 580 | 84 | 21 |
| Pepsi Cola (regular) | 20 oz | 250 | 69 | 17 |
| Rockstar Energy Drink | 16 oz | 280 | 62 | 16 |
| Wendy's Vanilla Frosty (medium) | 16 oz | 410 | 59 | 15 |
| Jarritos Mandarin Drink | 13.5 oz | 220 | 58 | 15 |
| Classic Cinnabon | 1 roll | 850 | 51 | 13 |
| Snapple Lemonade Iced Tea | 16 oz | 220 | 50 | 13 |
| McDonald's Deluxe Breakfast (w/ regular sized biscuit) | 1 meal | 1270 | 49 | 12 |
| Starbucks Grande Mocha Frappuccino (no whipped cream) | 16 oz | 260 | 45 | 11 |
| Dryer's Grand Rainbow Sherbet | 1 cup | 260 | 48 | 12 |
| Tropical Skittles (regular sized bag) | 2.17 oz | 250 | 47 | 12 |
| Original Gatorade | 20 oz | 125 | 35 | 9 |
| Vitamin Water | 20 oz | 125 | 32 | 8 |
| Pancake Syrup | ¼ cup | 210 | 32 | 8 |
| Plain M&Ms (regular sized bag) | 1.69 oz | 240 | 31 | 8 |
| Snickers (regular bar) | 2.07 oz | 280 | 30 | 8 |
| Yoplait Yogurt (flavored, 99% fat free) | 6 oz | 190 | 28 | 7 |
| Otis Spunkmeyer Wild Blueberry Muffin | 1 muffin | 330 | 27 | 7 |
| Red Bull Energy Drink | 8 oz | 110 | 27 | 7 |
| Cap'n Crunch Cereal | 1.5 cups | 220 | 24 | 6 |
| Bubble/Boa Tea | 12.7 oz | 207 | 22 | 6 |
| Gummi Bears | 22 bears | 150 | 22 | 6 |
| Sunny D Tangy Original Style | 6.75 oz | 120 | 16 | 4 |
| Capri Sun Fruit Drink (small pouch) | 6 oz | 60 | 16 | 4 |
| SpaghettiOs | 1 cup | 180 | 13 | 3 |
| Nutrigrain Mixed Berry Cereal Bar | 1 bar | 130 | 12 | 3 |
| GoGurt | 2.5 oz | 70 | 10 | 2 |
| Soy Vay Teriyaki Sauce | 1 tbsp | 30 | 5 | 1 |
| Subway Turkey Breast Salad | 1 salad | 110 | 5 | 1 |
| Newman's Own Low-fat Sesame Ginger Dressing | 2 tbsp | 35 | 4 | 1 |
| Kellogg's Special K Cereal | 1 cup | 120 | 4 | 1 |
| Subway Fat Free Italian Salad Dressing | 1 packet | 35 | 4 | 1 |
| Del Monte Ketchup | 1 tbsp | 15 | 4 | 1 |

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Please note: Product formulations, as well as packaging and portion size, may change over time. As a result, ingredients, amounts listed, and nutrition information may change.



Originally developed and piloted by Alameda County Public Health Department • Nutrition Services

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Santa Clara County Public Health Department Chronic Disease and Injury Prevention Unit is the lead agency for BANPAC



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