

## Is Sugar Hiding in Your Favorite Snack?

Use the table below to help identify the sugar dangers and lower sugar alternatives.

Food Item	Serving Size	Grams of Sugar	# of sugar cubes	% of Daily Value	Healthy Alternative
Yoplait® Original Strawberry Yogurt	One container (6 ounces)	26	11.3	104%	Add fresh fruit or frozen berries to plain low-fat or non-fat yogurt
Prego® Traditional Italian Sauce	½ cup	10	4.3	40%	Experiment with different pasta sauces like pesto, salsa, or garlic and herbs
Nutri-Grain® Fruit Crunch Granola Bar	One bar	15	6.5	60%	Try making homemade trail mix with nuts, unsweetened dried fruit, seeds, or popcorn
Del Monte® diced peaches fruit cup	One fruit cup (4 ounces)	16	7	64%	Cut up fresh fruit and pack them in Ziploc® bags
Quaker® Apples & Cinnamon Instant Oatmeal	One cup	12	5.2	48%	Add fruit, nuts, or cinnamon to plain oatmeal
Kellogg® Raisin Bran Crunch Cereal	One cup	19	8.2	76%	Try plain oatmeal or a healthier cereal like Cheerios®, Grape Nuts®, or Kix®
Original Cap'n Crunch®	¾ cup	12	5.2	48%	Try plain oatmeal or a healthier cereal like Cheerios®, Grape Nuts®, or Kix®
Kellogg's® Low Fat Granola with Raisins Multi-Grain Cereal	2/3 cup	17	7.3	68%	Try plain oatmeal or a healthier cereal like Cheerios®, Grape Nuts®, or Kix®
Sweet Baby Ray's® Original BBQ Sauce	2 tablespoons	16	7	64%	Experiment with different toppings for your meat like salsa, pesto, or garlic and herbs
Mott's® 100% Original Apple Juice	One cup (8 ounces)	28	12.2	112%	Choose low-fat or non-fat plain milk or water whenever possible
Nesquik® Calcium Fortified Chocolate Lowfat Milk	One bottle (8 ounces)	24	10.4	96%	Choose low-fat or non-fat plain milk or water whenever possible
Tropicana® Original Orange Juice	One cup (8 ounces)	22	9.5	88%	Choose low-fat or non-fat plain milk or water whenever possible
Dragonfruit Vitamin Water®	One bottle (20 ounces)	33	14.3	132%	Add slices of lime, lemon, or oranges to water
Red Bull®	One can (8.3 ounces)	26	11.3	104%	Try unsweetened tea or coffee with low-fat or non-fat plain milk
Coca Cola®	One can (12 ounces)	39	17	156%	Try unsweetened tea or coffee with low-fat or non-fat plain milk
Gatorade® Cool Blue Thirst Quencher	One bottle (30 ounces)	52.5	22.8	210%	Add slices of lime, lemon, or oranges to water

