

Healthy Living

...for life!

Alameda County Public Health Department

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.

