

# 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
Cola (regular)	20 oz	240	68	17
Rockstar Energy Drink	16 oz	280	62	16
Sunny Delight	16 oz	260	60	15
Wendy's Vanilla Frosty (medium)	16 oz	410	57	14
Cinnabon Cinnamon Roll	1 roll	813	55	14
Jarritos Mandarin Drink	16 oz	240	54	14
Snapple Lemonade Iced Tea	16 oz	220	54	14
McDonald's Deluxe Breakfast (w/ regular sized biscuit)	1 meal	1320	49	12
Starbucks Grande Mocha Frappuccino (no whipped cream)	16 oz	290	48	12
Dryer's Grand Rainbow Sherbet	1 cup	260	46	12
Tropical Skittles (regular sized bag)	2.17 oz	240	45	11
Capri Sun Fruit Drink (big pouch)	11.25 oz	152	38	10
Original Gatorade	20 oz	140	35	9
Vitamin Water	20 oz	125	32	8
Original Kool-Aid (1 scoop dry mix and 16 oz water)	16 oz	120	32	8
Plain M&Ms (regular sized bag)	1.69 oz	240	31	8
Yoplait Yogurt (flavored, 99% fat free)	6 oz	180	31	8
Snickers (regular bar)	2 oz	280	30	8
Otis Spunkmeyer Wild Blueberry Muffin	1 muffin	420	30	8
Bubble/Boba Tea	16 oz	265	29	7
Red Bull Energy Drink	8 oz	110	27	7
French Toast Sticks (frozen)	5 pieces	513	26	7
Cap'n Crunch Cereal	1.5 cups	220	24	6
Pancake Syrup	2 tbsp	98	24	6
Gummi Bears	14 bears	140	22	6
Burger King Honey Flavored Dipping Sauce	1 oz	90	22	6
Mrs. Field's Chocolate Chip Cookie	1 cookie	210	18	5
Oreos	3 cookies	160	14	4
Nutrigrain Mixed Berry Cereal Bar	1 bar	140	13	3
Kellogg's Fruit Flavored Snacks	1 pouch (25 g)	80	13	3
Swanson Hungry Man Salisbury Steak Dinner	1 meal	782	12	3
GoGurt	2.3 oz	80	11	3
Burger King Whopper Sandwich	1 sandwich	670	11	3
SpaghettiOs	1 can	332	10	3
Newman's Own Low-fat Sesame Ginger Dressing (packet)	1.5 fl oz	90	10	3
Kraft BBQ Sauce	2 tbsp	39	8	2
Lay's BBQ Chips	3 oz bag	525	6	2
Soy Vay Teriyaki Sauce	1 tbsp	30	5	1
Graham Crackers	2 squares	59	4	1
Del Monte Ketchup	1 tbsp	15	4	1

The use of trade, firm, or corporation names in this publication (or page) is for the information and convenience of the reader. Such use does not constitute an official endorsement or approval by the U.S. Department of Agriculture or the Agricultural Research Service of any product or service to the exclusion of others that may be suitable.

Note: Product formulations, as well as packaging and portions, may change over time.  
As a result, amounts listed may change.

Originally developed and piloted by Alameda County Public Health Department • Nutrition Services.  
For food stamp information, call 877-847-3663. Funded, in part, by the USDA Supplemental Nutrition Assistance Program, Santa Clara County Public Health Dept. is the lead agency for BANPAC and Network for a Healthy California—Bay Area Region

