

THE SWEET FACTS

Most parents are confident that their children are eating very few sweets. But sugar is hard to avoid. Some percentage is found in almost everything we eat.

FOOD ITEM	SIZE PORTION	TEASPOONSFUL OF GRANULATED SUGAR	FOOD ITEM	SIZE PORTION	TEASPOONSFUL OF GRANULATED SUGAR
BEVERAGES			CAKES and COOKIES (cont'd.)		
Cola drinks	1 (6 oz. glass)	4 1/2	Brownies (unfrosted)	1 (3/4 oz.)	3
Ginger ale	1 (6 oz. glass)	3 1/3	Molasses cookies	1	2
Orange-ade	1 (8 oz. glass)	5	Chocolate cookies	1	1 1/2
Root beer	1 (10 oz. glass)	4 1/2	Fig newtons	1	5
Seven-up	1 (6 oz. glass)	4 1/2	Ginger snaps	1	3
Soda pop	1 (8 oz. glass)	5	Macaroons	1	6
Sweet cider	1 cup	4 1/2	Nut cookies	1	1 1/2
JAMS and JELLIES			Oatmeal cookies	1	2
Apple butter	1 tbsp.	1	Sugar cookies	1	1 1/2
Jelly	1 tbsp.	4-6	Chocolate eclair	1	7
Orange marmalade	1 tbsp.	4-6	Cream puff	1	2
Peach butter	1 tbsp.	1	Donut (plain)	1	3
Strawberry jam	1 tbsp.	4	Donut (glazed)	1	6
CANDIES			Snail	1 (4 oz. piece)	4 1/2
Chocolate milk bar			DAIRY PRODUCTS		
(e.g. Hershey bar)	1 (1 1/2 oz.)	2 1/2	Ice cream	1/3 pt. (3 1/2 oz.)	3 1/2
Chewing gum	1 stick	1/2	Ice cream bar	1 (depending on size)	1-7
Chocolate cream	1 piece	2	Ice cream cone	1	3 1/2
Chocolate mints	1 piece	2	Eggnog, all milk	1 (8 oz. glass)	4 1/2
Fudge	1 oz. sq.	4 1/2	Ice cream soda	1	5
Gum drop	1	2	Cocoa, all milk	1 cup (5 oz. milk)	4
Hard candy	4 oz.	20	Ice cream sundae	1	7
Lifesavers	1	1/3	Chocolate, all milk	1 cup (5 oz. milk)	6
Peanut brittle	1 oz.	3 1/2	Malted milk shake	1 (10 oz. glass)	5
Marshmallow	1	1 1/2	Sherbet	1/2 cup	9
FRUITS and CANNED JUICES			DESSERTS		
Raisins	1/2 cup	4	Apple cobbler	1/2 cup	3
Currants, dried	1 tbsp.	4	Custard	1/2 cup	2
Prunes, dried	3-4 medium	4	French pastry	1 (4 oz. piece)	5
Apricots	4-6 halves	4	Jello	1/2 cup	4 1/2
Dates, dried	3-4 stoned	4 1/2	Apple pie	1 slice (average)	7
Figs, dried	1 1/2 - 2 small	4	Junket	1/8 quart	3
Fruit cocktail	1/2 cup scant	5	Berry pie	1 slice	10
Rhubarb, stewed	1/2 cup sweetened	8	Cherry pie	1 slice	10
Canned apricots	4 halves and 1 T syrup	3 1/2	Cream pie	1 slice	4
Applesauce (unsweetened)	1/2 cup scant	2	Custard pie	1 slice	10
Prunes, stewed (sweetened)	4-5 medium and 2 T juice	8	Coconut pie	1 slice	10
Canned peaches	2 halves and 1 T syrup	3 1/2	Lemon pie	1 slice	7
Fruit salad	1/2 cup	3 1/2	Peach pie	1 slice	7
Fruit syrup	2 T	2 1/2	Pumpkin pie	1 slice	5
Orange juice	1/2 cup scant	2	Rhubarb pie	1 slice	4
Pineapple juice (unsweetened)	1/2 cup scant	2 3/5	Raisin pie	1 slice	13
Grape juice (commercial)	1/2 cup scant	3 2/5	Banana pudding	1/2 cup	2
Canned fruit juices (sweetened)	1/2 cup	2	Bread pudding	1/2 cup	1 1/2
BREADS			Chocolate pudding	1/2 cup	4
White bread	1 slice	1/2	Plum pudding	1/2 cup	4
Hamburger bun	1	3	Rice pudding	1/2 cup	5
Hot dog bun	1	3	Tapoca pudding	1/2 cup	3
CAKES and COOKIES			Brown betty	1/2 cup	3
Angel food cake	1 (4 oz. piece)	7	Plain pastry	1 (4 oz. piece)	3
Applesauce cake	1 (4 oz. piece)	5 1/2	SUGARS and SYRUPS		
Banana cake	1 (2 oz. piece)	2	Brown sugar	1 tbsp.	3 (actual sugar content)
Cheese cake	1 (4 oz. piece)	2	Granulated sugar	1 tbsp.	3 (actual sugar content)
Chocolate cake (plain)	1 (4 oz. piece)	6	Corn syrup	1 tbsp.	3 (actual sugar content)
Chocolate cake (iced)	1 (4 oz. piece)	10	Karo syrup	1 tbsp.	3 (actual sugar content)
Coffee cake	1 (4 oz. piece)	4 1/2	Honey	1 tbsp.	1/3 (actual sugar content)
Cup cake (iced)	1	6	Molasses	1 tbsp.	3 1/2 (actual sugar content)
Fruit cake	1 (4 oz. piece)	5	Chocolate sauce	1 tbsp.	3 1/2 (actual sugar content)
Jelly-roll	1 (2 oz. piece)	2 1/2			
Orange cake	1 (4 oz. piece)	4			
Pound cake	1 (4 oz. piece)	5			
Sponge cake	1 (1 oz. piece)	2			
Strawberry shortcake	1 serving	4			

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