

Sugar Hidden in Your Meals

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The American Heart Association has set guidelines for the recommended daily amount of *added* sugar in our diets to be: women- 6 teaspoons = 25 gm of sugar and men- 9 teaspoons = 36 gm)

If we are not careful, we can easily exceed this number on a daily basis. This puts us at risk for obesity, heart disease or diabetes. Let's take a look at some common meals and their accompanying sugar amounts.

29 GM BREAKFAST:

- 1 packet Maple Brown Sugar Oatmeal – 13 gm
- Drizzle of honey – 11 gm
- 1 tbsp. French Vanilla coffee creamer – 5 gm

- 1 cup Vanilla Almond Milk – 16 gm
- ¾ cup Honey Nut Cheerios – 13 gm

- ❖ Think granola is healthier? A ½ cup of Quaker Oats Granola, has 13 gm of sugar. How many of us can stop at a ½ cup?

30 GM LUNCH

- 1 PBJ sandwich – 18 gm
- 6 oz. Plain Low Fat yogurt – 12 gm

- ❖ Beware of yogurt with added fruit on the bottom, they can have up to a whopping 19 gm per cup.

24 GM LUNCH

- 1 bowl Subway tomato basil soup – 8 gm
- 6-inch Subway Sweet Onion Chicken Teriyaki Sandwich – 16 gm

- ❖ Canned soups sometimes contain added sugar as a preservative to extend their shelf life, and you might find up to 15 grams of sugar per 1 ½ cup in certain varieties.



24 GM DINNER

- 2 tbsp. of French dressing on salad – 6 gm
- 1 ½ cup cheese tortellini pasta – 2 gm
- ¾ cup of tomato sauce – 16 gm

- ❖ Some salad dressings contain 4 grams of sugar per tablespoon. Light or fat-free varieties will use sugar to make up for the flavor lost by cutting out fat.
- ❖ Tomato sauces often contain sugar to cut the acidic taste and to keep jarred sauces fresh for a longer period. You might find up to 12 gm hiding in a ½ cup serving.

25 GM DINNER

- 2 tbsp. of barbecue sauce / grilled chicken – 16 gm
- ¼ cup glazed walnuts on salad – 9 gm

- ❖ Sugar can sneak up on you in bread too, with some varieties containing up to 2 gm of sugar per slice (and that includes some whole wheat breads).

SNACKS:

- 1 store bought granola bar – 7 gm
- ½ cup vanilla ice cream – 19 gm
- 1 blueberry muffin – 38 gm
- 1 handful of dried cranberries – 29 gm

DRINKS

- 1 12 oz. serving Coca Cola – 39 gm
- 1 cup hot cocoa – 24 gm
- 1 bottle Snapple peach tea – 39 gm
- Pumpkin spice latte w/ whole milk – 39 gm