

FOOD	PORTION SIZE	APPROXIMATE SUGAR CONTENT
<b>DRINKS:</b>		
Cola Drinks	½ oz.	9 tsp.
Orange Juice	½ cup	2 tsp.
Root Beer	10 oz.	4 tsp.
Seven-Up	12 oz.	3 tsp.
Soda Pop	8 oz.	5 tsp.
Sweet Cider	8 oz.	4 ½ tsp.
<b>CANDY:</b>		
Chewing Gum	1 stick	½ stick
Lifesavers	1	.1/8 tsp.
Marshmallow	1	1 ½ tsp.
Milk Chocolate Bar	1 ½ OZ.	2 1/7 tsp.
<b>BREADS/CAKES:</b>		
Angel Food Cake	4 OZ.	7 tsp.
Chocolate cake, iced	4 OZ.	10 tsp.
Chocolate Éclair	1	7 tsp.
Cupcakes, iced	1	5 tsp.
Donuts, glazed	1	6 tsp.
Donut, plain	1	3 tsp.
Fig Newtons	1	5 tsp.
Hamburger bun	1	3 tsp.
Macaroons	1	6 tsp.
Oatmeal Cookies	1	2 tsp.
Sugar Cookies	1	1 ½ tsp.
White Bread	1 slice	½ tsp.
<b>DESSERTS:</b>		
Chocolate Pudding	½ cup	4 tsp.
Cream Pie	1 slice	4 tsp.
Ice Cream	3 ½ oz.	3 ½ tsp.
Ice Cream Sundae	1	7 tsp.
Jell-O	½ cup	4 ½ tsp.
Lemon Pie	1 slice	7 tsp.
Peach Pie	1 slice	7 tsp.
Raisin Pie	1 slice	13 tsp.
Rice Pudding	½ cup	5 tsp.
Sherbet	½ cup	8 tsp.
Tapioca Pudding	½ cup	8 tsp.
<b>SWEETNERS:</b>		
Brown Sugar	1 Tbsp.	4 tsp.
Corn Syrup	1 Tbsp.	3 tsp.
Granulated Sugar	1 Tbsp.	3 tsp.
Honey	1 Tbsp.	3 tsp.
Karo Syrup	1 Tbsp.	3 tsp.