



## **Hidden Sugar in Everyday Foods**

There are many sneaky sugars hidden in our daily diets. Exposing those sugars is the first step in eliminating them, thus lowering our risk of diabetes, heart disease, and weight gain. Below are just a few of the most common hidden sugar culprits. This gives us good reason to begin our grocery trips with the back label of our favorite foods!

1. **Cereal**- check to see that there is more fiber than sugar.  
**Choose this:** Shredded Wheat- 0 g sugar  
**Not that:** Kellogg's Smart Start Original Antioxidants- 15 g sugar
2. **Granola**- always high in calories; use this in moderation, mixed with a low sugar, high fiber cereal.  
**Choose this:** Kashi U 7 Whole Grain Flakes and Granola- 5 g sugar (1/2 cup)  
**Not that:** Quaker Natural Granola, Oats, Honey and Raisins- 15 g sugar (1/2 cup)
3. **Wheat Bread**- watch the label for 100% whole wheat and no sugar added.  
**Choose this:** Food For Life Ezekiel 4:9 Bread- 0 g sugar  
**Not that:** Sara Lee Hearty and Delicious 100% Whole Wheat Bread- 10g sugar
4. **Crackers**- refined and processed grains plus added sugar=increased insulin=increased fat storage.  
**Choose this:** Triscuit Thin Crisps Original- 0 g sugar  
**Not that:** Wheat Thins Reduced Fat- 3.5g sugar (and no fiber)
5. **Nutrition Bars**- All have added sugars. So, if you must eat one, look for high fiber and moderate protein.  
**Choose this:** Odwalla Sweet and Salty Almond- 8 g sugar  
**Not that:** Powerbar Tangy Tropical Fruit Smoothie- 30 g sugar
6. **Yogurt**- one of the trickiest "health foods" on the shelf. Plain yogurt and milk have 12 g of sugar in a cup, in the form of lactose (6 g in 1/2 cup).  
**Choose this:** Stonyfield Farms Oikos Organic Greek Yogurt, Plain- 6 g sugar (1/2 cup)  
**Not that:** Yoplait 99% Fat Free Cherry Orchard- 27 g sugar (1/2 cup)
7. **"Healthy" Drinks**- plain water and tea are your best bets.  
**Choose this:** Honest Tea Just Green Tea- 0 g sugar  
**Not that:** Snapple Protect Antioxidant Water Tropical Mango- 30 g sugar
8. **Tomato Sauce**- a half cup serving of tomato sauce should have around 5 g of naturally occurring sugar.  
**Choose this:** Classico Tomato and Basil- 5 g sugar (1/2 cup)  
**Not that:** Newman's Own Tomato and Basil Bombolina- 12 g sugar (1/2 cup)

Adapted from *Eat This Not That*, 2010

