











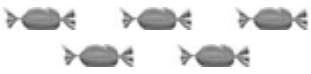









Hidden Sugars

Food	Sugar Content in Cubes*	Total Calories
Pop – 12oz. can 	 9 cubes	150 calories
Kool – Aid ® -12 oz. glass 	 9 cubes	150calories
Hawaiian Punch ® - 12 oz. glass 	 11 cubes	180 calories
Orange Tang ® - 12 oz. glass 	 11 cubes	175 calories
Honey or Corn Syrup – 2 T. 	 8 cubes	125 calories
Gelatin Dessert – ½ cup 	 6 cubes	80 calories
Hard Candy – 5 pieces 1oz. each 	 8 cubes	110 calories
Sweetened Cereal - 1 ½ cup 	 11 cubes	220 calories
Jelly – 2 T. 	 6 cubes	100 calories
Canned fruit with Heavy Syrup – 1 cup 	 7 cubes	85 calories

*  = 1 teaspoon of sugar

Developed by: Winnebago/Omaha Diabetes Project



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