

### Free sugar content in foods and beverages

Food/Beverage	Amount	Free sugar (teaspoons)
Apple juice	1 cup (250 ml)	7
Brownie	1 piece (28 g)	3
Chocolate chip cookies	3 cookies	2
Chocolate milk	1 cup (250 ml)	2
Doughnut, glazed	1 medium	4
Frappuchino	1 tall (350 ml)	9
Granola bar	1 piece (1/2 pack)	1
Gummies	4 pieces	2
Ice cream	medium scoop (1/2 cup)	3
Ketchup	2 tablespoons	1
Miniwheats	1 cup	2
Muffin	1 medium	7
Soda	1 cup (250 ml)	5
Sports drink	1 cup (250 ml)	3
Iced tea sweetened	1 cup (250 ml)	4

### Johns Friday diet

	Food	Amount	Teaspoons of free sugar
Breakfast	Milk	1 cup	
	Miniwheats	1 cup	
	100% apple juice	1 cup	
	Strawberries	1/2 cup	
Snack	Doughnut	1 piece	
	Frappuchino	Venti (700 ml)	
	Pear	1 piece	
lunch	Tuna salad sandwich	1	
	Iced tea	1 cup	
	Pickles		
	Sports drink	1 bottle (500 ml)	
Dinner	Fish	1 fillet	
	French fries	1 serving	
	Ketchup	1/4 cup (4 tablespoons)	
	Cooked veggies	1 cup	
	Water		

**Total free sugar:** \_\_\_\_\_ **0**