

HOW SWEET IT IS

While there is no official recommended intake for sugar, we eat too much. Remember, on a nutrition label, 1 teaspoon of sugar is equal to 4 grams.

Food	Serving Size	Teaspoons of Sugar
Fruitopia	20 oz.....	17-19
Sweetened ice tea	20 oz.....	15
Orange soda	12 oz.....	13
Oreo reduced-fat cookies	10	11.5
Hostess lemon fruit pie	4.5 oz.....	11.5
Pancake syrup	1/4 cup	10
Colas	12 oz.....	9-10
Chocolate milkshake	10 oz.....	9
Fruit Yogurt	1 cup	7
Snickers Bar	2.1 oz.....	6
Fruit canned in heavy syrup	1/2 cup	4
Chocolate bar	1 oz.....	3
Fruit canned in juice	1/2 cup	0
Plain Yogurt	1 cup	0



Known as America's Personal Health HumoristSM, Nutritionist David Mainz speaks to state and national associations and corporations on the topic of health and longevity. His formal education includes a Master's Degree (MS) in Human Nutrition and status as a Registered Dietitian (RD) and Fellow in the American Dietetic Association (FADA). He is also a Certified Speaking Professional (CSP) in the National Speaker's Association. If you would like to have him to speak to your business, association, or group, contact us at:
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