

# Food Sources of Sugars

Cake (sugar added)	Energy drink (sugar added)	Carbonated or noncarbonated drink (sweetened)	Milkshakes	Ice cream (sugar added)	Frozen novelties (sugar added)
Prune juice	Sweetened coffee or tea	Canned papaya (syrup pack)	Toaster pastries (sugar added)	Rhubarb with sugar	Pear nectar
Pears	Candied sweet potato	Pulled pork in barbecue sauce (sugar added)	Grape juice	Juice drink	Passion-fruit juice
Malt beer (sugar added)	Custard (sugar added)	Pie (sugar added)	Papaya nectar	Apricot nectar	Pina colada
Plums	Muffins (sugar added)	Peach nectar	Sweetened strawberries	Guanabana nectar	Syrup
Guava nectar	Pineapple juice	Figs	Dried apples	Sweetened yogurt	Tamarind nectar
Apple strudel (sugar added)	Pomegranate juice	Mango nectar	Cranberry juice	Canned peaches (syrup pack)	Coffee liqueur (sugar added)
Sugar	Tangerine juice	Pineapple	Sweet cherries	Malted milk drink (sugar added)	Mamey sapote
Grapefruit juice	Canned apricots (syrup pack)	Blueberries	Blackberries (not raw)	Dried apricots	Prune puree
Dried currants	Jackfruit	Candies	Grapes	Dates	Apple juice
Dried litchis	Tamarinds	Pudding (sugar added)	Fruit salad	Sweetened milk	Fruit cocktail
Sweetened soy yogurt	Nutrition shake (sugar added)	Dried pears	Sweet potato (syrup pack)	Honey	Sweetened soy milk
Candied fruit	Sherbet	Raisins	Cake frostings (sugar added)	Dessert toppings (sugar added)	Whiskey sour (sugar added)
Frozen yogurts (sugar added)	Sweetened kefir	Hotcakes with syrup	Cranberry sauce	Breakfast cereal (sugar added)	Molasses
Orange juice	Canned nance fruit (syrup pack)	Sandwich (sugar added)	Tangerines (mandarin oranges)	Litchis	Almond milk drink (sugar added)
Pastries (sugar added)	Canned grapefruit (syrup pack)	Apples	Plantains	Sweetened chocolate	Crème de menthe (sugar added)
Sweetened applesauce	Chokecherries	Rowal fruit	Sweetened coconut cream	Blackberry juice	Caramel popcorn
Doughnuts (sugar added)	Dried figs	Pomegranates	Mangos	Orange chicken (sugar added)	Soursop
Dried goji berries	Gelatin dessert (sugar added)	Granola bar (sugar added)	Cherimoya fruit	Soup (sugar added)	Marmalade
Waffles (sugar added)	French toast (sugar added)	Persimmons	Sweet rolls (sugar added)	Watermelon	Fruit leather
Bananas	Dried peaches	Pancakes (sugar added)	General Tso's chicken (sugar added)	Sweet and sour chicken (sugar added)	Cookies (sugar added)
Passion-fruit	Breadfruit	Barbecue sauce (sugar added)	Jellies (sugar added)	Brownies (sugar added)	Carob flour
Hearts of palm (not canned)	Sweet and sour pork (sugar added)	Protein bar (sugar added)	Bread (sugar added)		