

# Sugar content in foods and drinks

Sort by the healthiest



Two tablespoons of peanut butter contains 2.5g (0.625 teaspoons) of sugar.



Two tablespoons of ketchup contains 8g (two teaspoons) of sugar.



One cup of Froot Loops contains 13g (3.25 teaspoons) of sugar.



One cup of grapes contains 15g (3.75 teaspoons) of sugar.



One large (136g) banana can contain 17g (4.25 teaspoons) of sugar.



One 355mL glass of orange juice contains 33g (8.25 teaspoons) of sugar.



One 355mL can of Coca-Cola contains 42g (10.5 teaspoons) of sugar.

