

## Sugar content in foods and drinks

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CBC News has researched the sugar content in some common foods and drinks — and determined the equivalent number of teaspoons of sugar in each (one teaspoon holds about four grams of sugar).



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



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



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



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



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



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



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

