

# Sweet Talkin'

## How added sugars stack up

Juice sugars (Naked has 11½ tsp.) don't count as "added." But they may still lead to weight gain.

Don't assume that all sparkling waters are sugar-free.

Our Starbucks numbers are for bottles and cans. At a Starbucks, an unflavored coffee, latte, or cappuccino has no added sugars.

Caution: Companies make up their own definitions of claims like "not too sweet" (STōK) and "just a tad sweet" (Honest T).

Many sports drinks, teas, lemonades, juice drinks, and tonic waters have a health halo they don't deserve.

This smoothie racks up added sugars from its sweetened strawberries and turbinado sugar.

A cup of dairy milk has 12 grams of naturally occurring lactose sugars. Just about all of the sugars in non-dairy milks are added.

"Original" plant milks typically have less added sugars than vanilla-flavored ones. Chocolate has more.

Oatly uses enzymes to break down some oat starch into sugar. That counts as "added."

Two Good adds stevia extract instead of sugar. Chobani Less Sugar uses no low-cal sweeteners.

Halo Top replaces most of its sugar with erythritol and stevia extract. Fairlife uses allulose and monk fruit extract.

### Drinks, Coffees, Smoothies, & Shakes

|   | Calories | Added Sugars (tsp.) |
|---|----------|---------------------|
| Naked Berry Blast Juice (15.2 oz.)                  | 220      | 0                   |
| La Colombe Double Shot Draft Latte (9 oz.)          | 90       | 0.5                 |
| Simply Light Lemonade* (8 oz.)                      | 25       | 1                   |
| Sanpellegrino Momenti Lemon & Raspberry (11.2 oz.)  | 35       | 1.5                 |
| Starbucks Black Sweet Cold Brew (11 oz. bottle)     | 50       | 2.5                 |
| Starbucks DoubleShot Espresso & Cream (6.5 oz. can) | 140      | 2.5                 |
| STōK Not Too Sweet Cold Brew Coffee (12 oz.)        | 60       | 3                   |
| Silk Espresso Almond & Oat Latte* (12 oz.)          | 200      | 3                   |
| KeVita Ginger Kombucha* (15.2 oz.)                  | 60       | 3.5                 |
| Honest T Honey Green Tea (16.9 oz.)                 | 70       | 4.5                 |
| Sorta Sweet Straight Up Tea (18.5 oz.)              | 90       | 5                   |
| Boost Original, any flavor* (8 oz.)                 | 240      | 5                   |
| Sanpellegrino Sparkling Blood Orange (11.2 oz.)     | 130      | 5.5                 |
| Swiss Miss Milk Chocolate Hot Cocoa (1 packet)      | 160      | 5.5                 |
| Honest T Half Tea & Half Lemonade (16.9 oz.)        | 100      | 6                   |
| Vitaminwater Power-C (20 oz.)                       | 100      | 6.5                 |
| Schweppes Tonic Water (10 oz.)                      | 110      | 6.5                 |
| Simply Lemonade (8 oz.)                             | 120      | 6.5                 |
| Simply Cranberry Cocktail (8 oz.)                   | 130      | 7                   |
| Gatorade Lemon-Lime (20 oz.)                        | 140      | 8                   |
| Starbucks Coffee Frappuccino (13.7 oz. bottle)      | 300      | 8                   |
| Canada Dry Ginger Ale (12 oz.)                      | 140      | 8.5                 |
| Snapple Lemon Tea (16 oz.)                          | 150      | 8.5                 |
| Dunkin' Caramel Skim Latte (medium, 14 oz.)         | 260      | 8.5                 |
| Pure Leaf Lemon Tea (18.5 oz.)                      | 150      | 9                   |
| Bolthouse Chocolate Protein Plus Shake (15.2 oz.)   | 390      | 9                   |
| Coca-Cola (12 oz.)                                  | 140      | 9.5                 |
| Smoothie King Angel Food Smoothie (20 oz.)          | 350      | 12                  |
| Coca-Cola (20 oz.)                                  | 240      | 15.5                |

### Milk (8 oz.)

|                                       |     |     |
|---------------------------------------|-----|-----|
| Silk Less Sugar Original Almond       | 30  | 0.5 |
| Silk Original Protein Almond & Cashew | 130 | 0.5 |
| Silk Original Almond                  | 60  | 1.5 |
| Oatly Oatmilk                         | 120 | 1.5 |
| Silk Vanilla Almond                   | 80  | 3   |
| Silk Chocolate Soy                    | 150 | 3.5 |
| Horizon Chocolate Lowfat Milk         | 170 | 3.5 |

### Yogurt (5.3 oz. tub, unless noted)

|   |     |     |
|---|-----|-----|
| Two Good Greek Yogurt, any flavor*            | 80  | 0   |
| Chobani Less Sugar Greek Yogurt, most flavors | 120 | 1   |
| Chobani Strawberry Greek Yogurt               | 110 | 2   |
| Yoplait Original Strawberry Yogurt (6 oz.)    | 150 | 3   |
| Chobani Flip Almond Coco Loco                 | 230 | 3.5 |
| Kite Hill Peach Almond Milk Yogurt            | 170 | 4   |

### Frozen Desserts (½ cup, unless noted)

|   |     |     |
|---|-----|-----|
| Halo Top Cookies & Cream Light Ice Cream*       | 110 | 1   |
| Yasso Chocolate Chip Greek Yogurt Bar (2.3 oz.) | 100 | 2   |
| Outshine Strawberry Fruit Bar (2.5 oz.)         | 60  | 3   |
| Fairlife Mint Chip Light Ice Cream*             | 170 | 3   |
| Edy's Slow Churned Coffee Light Ice Cream       | 140 | 3.5 |
| Breyers Natural Vanilla Ice Cream               | 170 | 3.5 |

Calories  
Added Sugars (tsp.)

|   |     |     |
|---|-----|-----|
| Stonyfield Whole Milk Vanilla Frozen Yogurt | 170 | 4.5 |
| So Delicious S'mores Oatmilk Frozen Dessert | 230 | 4.5 |
| Häagen-Dazs Chocolate Ice Cream             | 330 | 4.5 |
| Talenti Sea Salt Caramel Gelato             | 320 | 5   |
| Talenti Roman Raspberry Sorbetto            | 150 | 7   |
| Ben & Jerry's Half Baked Ice Cream          | 370 | 7.5 |

### Cookies (No. of cookies closest to 1 oz.)

|   |     |     |
|---|-----|-----|
| Tate's Bake Shop Oatmeal Raisin (2)       | 130 | 2   |
| Trader Joe's Mini Almond Biscotti (3)     | 150 | 2.5 |
| Pepperidge Farm Dark Chocolate Milano (3) | 180 | 2.5 |
| Tate's Bake Shop Chocolate Chip (2)       | 140 | 3   |
| Oreos (3)                                 | 160 | 3.5 |

### Other Sweets

|  |     |     |
|--|-----|-----|
| 365 Dark Chocolate Pretzels (7 pretzels, 1.1 oz.)    | 130 | 2   |
| BelVita Blueberry Breakfast Biscuits (1.8 oz. pack)  | 230 | 2.5 |
| Dunkin' Glazed Donut (1)                             | 240 | 3   |
| Dove Dark Chocolate (4 pieces, 1.1 oz.)              | 170 | 3.5 |
| Sara Lee All Butter Pound Cake (1 slice, 2.7 oz.)    | 340 | 4.5 |
| Annie's Cinnamon Rolls with Icing (1 roll, 3.5 oz.)  | 330 | 5   |
| Marie Callender's Dutch Apple Pie (1 slice, 4.2 oz.) | 340 | 5   |
| Dunkin' Blueberry Muffin (1)                         | 460 | 10  |

### Snack Bars (Weight of 1 bar)

|   |     |     |
|---|-----|-----|
| LÄRABAR Cherry Pie (1.7 oz.)                  | 200 | 0   |
| KIND Healthy Grains Cinnamon Oat (1.2 oz.)    | 140 | 1   |
| KIND Dark Chocolate Nuts & Sea Salt (1.4 oz.) | 180 | 1   |
| Kashi Trail Mix (1.2 oz.)                     | 130 | 1.5 |
| Luna Blueberry Bliss (1.7 oz.)                | 190 | 2   |
| Clif Bar Crunchy Peanut Butter (2.4 oz.)      | 260 | 4.5 |

### Cereal

|   |     |     |
|---|-----|-----|
| Bob's Red Mill Old Country Style Muesli (½ cup) | 280 | 0   |
| Cheerios (1½ cups)                              | 140 | 0.5 |
| Kellogg's Raisin Bran (1 cup)                   | 190 | 2   |
| Kellogg's Special K Red Berries (1¼ cups)       | 140 | 2.5 |
| Kashi GO Crunch (¾ cup)                         | 190 | 2.5 |
| Honey Nut Cheerios (1 cup)                      | 140 | 3   |
| Bear Naked Peanut Butter Granola (¾ cup)        | 290 | 3   |

### Sauces & Condiments

|  |     |     |
|--|-----|-----|
| Bertolli Traditional Marinara (½ cup)              | 70  | 0.5 |
| Jif or Skippy Creamy Peanut Butter (2 Tbs.)        | 190 | 0.5 |
| Heinz Tomato Ketchup (1 Tbs.)                      | 20  | 1   |
| Newman's Own Raspberry Walnut Vinaigrette (2 Tbs.) | 70  | 1.5 |
| Smuckers Strawberry Preserves (1 Tbs.)             | 50  | 2   |
| Sweet Baby Ray's Barbecue Sauce (2 Tbs.)           | 70  | 4   |
| Betty Crocker Chocolate Frosting (2 Tbs.)          | 130 | 4   |
| Nutella (2 Tbs.)                                   | 200 | 4.5 |

\*Contains one or more low-calorie sweeteners (allulose, erythritol, monk fruit extract, stevia extract). None have aspartame, sucralose, or acesulfame potassium. Note: One teaspoon has 4.2 grams of sugar. Added sugars are rounded to the nearest half teaspoon.

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It's a myth that lower-fat ice creams add more sugars than their higher-fat cousins.

Sorbets may be made with real fruit, but most of their sugars are added.

Dove Milk Chocolate has slightly more added sugars (4 tsp.), but that doesn't mean the Dark Chocolate is low.

The tapioca, brown rice, cane, or glucose syrups that hold bars together contain added sugars, but even lower-sugar syrups add refined carbs.

Its 5 tsp. of total sugars come from dates and cherries.

Its 2½ tsp. of total sugars come from dates and raisins.

Cereals have little or no naturally occurring sugars unless they contain dried fruit. Raisin bran gets about half their total sugars from fruit. The rest is added.

"Less sugar" or "no sugar added" on peanut butter or spaghetti sauce labels doesn't mean much because both start out with little or none.

Preserves, jams, jellies: they all have about the same amount of added sugars.

The "hazelnut spread" has more palm oil and more added sugars than nuts. 🌰