Be a Sugar Sleuth: Find and Avoid High-Sugar Foods

Beware Of Hidden Sugar

There are many foods that are loaded with hidden sugar — sugar you can’t taste or that you wouldn’t expect to find in those foods because they’re usually thought to be good for you.

• Ketchup can be 20% sugar
• Granola bars often have high sugar ingredients baked into them: chocolate, marshmallows, etc.
• Sports drinks can be loaded with sugar to improve their taste
• Canned and jarred tomato and spaghetti sauces often have added sugars to cut the acidic taste of the tomatoes
• Oatmeal is naturally low in sugar but watch out for the packets of flavored oatmeal
• Some yogurts have added sugars