











# HIDDEN SUGARS AND DIABETES

Many foods contain more sugar than you think. Eating foods high in sugar makes it harder for you to manage your diabetes, which may cause serious health problems.

Here is a list of commonly eaten foods that are high in sugar.\*

 = 1 teaspoon of sugar or 4 carb grams

<b>Regular "Cola" drinks</b> (12 ounces) 152 calories, 39 grams carb	
<b>Kool-aid</b> (12 ounces) 150 calories, 38 grams carb	
<b>Honey</b> (1 Tbsp.) 64 calories, 17 carbs	
<b>Gelatin</b> (1/2 cup) 83 calories, 20 grams carb	
<b>Hard candy</b> (3 pieces - butterscotch type) 66.6 calories, 16 grams carb	
<b>Sweetened Cereals</b> (1/2 cup to 1 cup)	Many of these cereals are HIGH in calories, HIGH in carbs, and HIGH in sugar.
<b>Jelly</b> (1Tbsp) 51 calories, 14 grams carb	
<b>Canned fruit with heavy syrup</b> (1 cup) 189 calories, 51 grams of carb	
<b>Natural Fruit Juices (orange, grape, etc.)</b> (8 ounces) 112 calories, 26 grams carb	
<b>Ginger ale</b> (12 ounces) 124 calories, 32 grams carb	

\*Carbs and calories shown are averages. All numbers rounded.

Your goal with diabetes is to keep your blood sugar levels as close to normal as possible. One way to do this is to avoid eating foods high in sugar.

Read food labels carefully when you shop. They are there to help you!