

Hidden Sources of Sugar



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Granola Bars



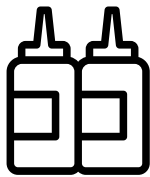
Granola-based cereals can have up to 15 grams of refined sugar

Flavored Yogurt



Fruit yogurts have up to 30 grams (six teaspoons) or more of sugar

Salad Dressing



2 tablespoons of dressings have about 5 to 7 grams of sugar

Breakfast Cereals



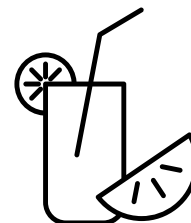
Many popular cereals such as oat, corn, and bran cereals have up to 10-20 grams of sugar or more per cup.

Frozen Meals



Even though these frozen foods contain meat and vegetables but many of them have 30-40 grams per serving of added sugars

Fruit Juice



Fruit juices are often made from fruit concentrates, and can range from having between 20-30 grams of sugar per cup.