

BARBARAS®

Since 1971

28 Day SUGAR RESET CHALLENGE

PANTRY CLEAN-OUT

Clean out common foods with added sugar from your kitchen with this quick cheat sheet. Remember the goal is to stay under 50 grams of added sugar per day – it adds up fast!

Common Foods with Added Sugar

Applesauce	½ cup	22 grams
Baked Beans	½ cup	12 grams
BBQ Sauce	2 Tbs	9 grams
Sandwich Cookies	3 cookies	14 grams
Fruit juice and Juice Pouches	6.75 oz	18 grams
Ice Cream	½ cup	14 grams
Bottled Iced Tea	8 oz	23 grams
Pasta Sauce	½ cup	10 grams
Sodas and Soft Drinks	12 oz	39 grams
Canned Tomato Soup	½ c. cond.	10.2 grams
Yogurt	6 oz	10 grams

Natural Sugar Content of Whole Foods

These foods don't count toward your daily goal of under 50 grams of added sugar.

Apple (Granny)	medium	16.02 grams
Avocado	1 whole	1.3 grams
Banana	medium	14.43 grams
Bell Pepper	1 small	1.8 grams
Black Beans, Fresh Cooked	½ cup	0.27 grams
Blueberries	½ cup	7.35 grams
Broccoli, Cooked	½ cup	1.08 grams
Brown Rice, Cooked	½ cup	0.24 grams
Cauliflower, Cooked	½ cup	1.29 grams
Cantaloupe, Diced	1 cup	2.26 grams
Carrots, Raw	1 medium	2.89 grams
Carrots, Mini Peeled	85 grams	5 grams
Cashews	28.4 grams	1.7 grams
Celery, 1 Stalk	medium	0.7 grams
Cherries, with Pits	1 cup	9 grams
Chickpeas (Canned)	½ cup	7 grams
Corn	100 grams	0.6 grams
Grapes	1 whole	0.4 grams
Green Beans, Fresh Cooked	½ cup	2.26 grams
Green Pepper, Raw	1 small	1.78 grams
Kale, Chopped	1 cup	1.6 grams
Lentils, Cooked	½ cup	1.78 grams
Mango	1 cup	23 grams
Milk (1% From a Cow)	1 cup	13 grams
Orange	1 large	17.20 grams
Peas, Green, Cooked	½ cup	3.19 grams
Pear	1 medium	17.36 grams
Rice, White, Cooked	1 cup	0.1 grams
Rice, Brown, Cooked	1 cup	0.4 grams
Romaine Lettuce	1 cup	0.56 grams
Squash, Butternut, Cubes	1 cup	3.1 grams
Squash, Spaghetti, Cubes	1 cup	2.8 grams
Sweet Potato, Baked	1 small	3.89 grams
Tomatoes	1 medium	3.23 grams
White Potato	100 grams	0.8 grams

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