

17 PRODUCTS YOU DIDN'T KNOW HAD ADDED SUGAR!

Adapted from Healthline.com

1. Low-Fat Yogurt

Yogurt can be a highly nutritious food. However, not all yogurt is created equal. Like many other low-fat products, low-fat yogurts have sugar added to them to enhance flavor. It's best to choose full-fat, natural or Greek yogurt.

2. BBQ Sauce

BBQ sauce can make a tasty marinade or dip. However, 2 tablespoons of it can contain around 14 grams of sugar, or over 3 teaspoons. In fact, up to 40% of the weight of BBQ sauce may be pure sugar.

3. Ketchup

Ketchup is one of the most popular condiments worldwide, but like BBQ sauce, it is often loaded with sugar. A single tablespoon of ketchup contains 1 teaspoon of sugar.

4. Fruit Juice

It usually takes a lot of fruit to produce a single glass of fruit juice, so you get much more sugar in a glass of juice than you would get by eating whole fruit. This makes it easy to consume a large amount of sugar quickly. It's best to choose whole fruit and minimize your intake of fruit juices.

5. Spaghetti Sauce

All spaghetti sauces will contain some natural sugar given that they're made with tomatoes. However, many spaghetti sauces have extra sugar added to them as well. Check the ingredient list!

6. Sports Drinks

Sports drinks can often be mistaken as a healthy choice for those who exercise. However, sports drinks are designed to hydrate and fuel trained athletes during prolonged, intense periods of exercise. For this reason, they contain high amounts of added sugars that can be quickly absorbed and used for energy.

7. Chocolate Milk

Chocolate milk is milk that has been flavored with cocoa and sweetened with sugar. However, despite having all the nutritious qualities of milk, an 8-oz (230 ml) glass of chocolate milk comes with an extra 2 teaspoons of added sugar.

8. Granola

Granola is often marketed as a low-fat health food, despite being high in both calories and sugar. However, the oats in granola have been combined with nuts and honey or other added sweeteners, which increases the amount of sugar and calories.

9. Flavored Coffees & Teas

Flavored coffee and teas are a popular trend, but the amount of hidden sugars in these drinks can be staggering. A large flavored coffee in some coffeehouse chains can contain up to 25 teaspoons of sugar.

10. Protein Bars

Protein bars are a popular snack. While there are some healthier protein bars on the market, many contain around 30 grams of added sugar, making them similar to a candy bar.

11. Vitamin water

Vitamin water is marketed as a healthy drink containing added vitamins and minerals. However, like many other so-called "health drinks," Vitaminwater comes with a large amount of added sugar. That being said, plain water or sparkling water are much healthier choices if you're thirsty.

12. Pre-Made Soup

Soup isn't a food that you generally associate with sugar. However, many commercially prepared soups have a lot of added ingredients, including sugar.

13. Cereal Bars

For on-the-go breakfasts, cereal bars can seem like a healthy and convenient choice. However, like other "health bars," cereal bars are often just candy bars in disguise. Many contain very little fiber or protein and are loaded with added sugar.

14. Canned Fruit

All fruit contains natural sugars. However, some canned fruit is peeled and preserved in sugary syrup. This processing strips the fruit of its fiber and adds a lot of unnecessary sugar to what should be a healthy snack.

15. Canned Baked Beans

Baked beans are another savory food that is often surprisingly high in sugar. A cup of regular baked beans contains about 5 teaspoons of sugar.

If you like baked beans, you can choose low-sugar versions, which contain about half the amount of sugar found in regular baked beans.

16. Bottled Smoothies

Many commercially produced smoothies come in large sizes and can be sweetened with things like fruit juice, ice cream or syrup, which increases their sugar content. For a healthy smoothie, try making your own at home with frozen fruit, plain yogurt, and almond milk.

17. Breakfast Cereal

Breakfast cereals are a popular, quick and easy breakfast food. Some breakfast cereals, particularly those marketed at children, have lots of added sugar. Check the label and try choosing a cereal that is high in fiber and doesn't contain added sugar.