

Sugar in Foods (High to Low)

03-Nov-2013

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Sugar grams

39	Pomegranate, raw	Quantity: 4" 282g
31	Mango, raw	Quantity: 1 fruit 207g
29	Dates, Medjool, California	Quantity: 2 dates 46g
23	Applesauce, unsweetened	Quantity: 1 cup 244g
20	Grape juice, Welch's unsweetened	Quantity: 1/2 cup 4oz
18	Pomegranate Juice, unsweetened	Quantity: 1/2 cup 125g
18	Watermelon, raw	Quantity: 1 wedge, 1/16 melon
17	Pear, raw	Quantity: 1 medium 178g
17	Strawberries, raw organic	Quantity: 1 pint 357g
16	Pineapple, raw	Quantity: 1 cup chunks 165g
16	Blackberries, frozen	Quantity: 1 cup 151g
16	Apple, raw organic	Quantity: 1 medium
15	Cranberry Juice, unsweetened	Quantity: 1/2 cup 4oz
15	Pumpkin: canned	Quantity: 15oz 425g
15	Raisins	Quantity: 50 whole 26g
15	Tomato paste, Full Circle organic	Quantity: 6oz can
15	Yogurt, organic plain nonfat	Quantity: 1 cup 227g
15	Dates, Medjool, California	Quantity: 1 date 23g
14	Banana, whole	Quantity: 1 medium 118g
14	Orange, Cara Cara	Quantity: 1 medium 154g
14	Yogurt, organic plain lowfat	Quantity: 1 cup 227g
13	Blueberries, unsweetened frozen	Quantity: 1 cup 155g
13	Apple, raw organic	Quantity: 1 small 149g
13	Peach, raw	Quantity: 1 medium 150g
12	Banana, whole	Quantity: 1 small 101g
12	Milk, 1% fat organic	Quantity: 1 cup 246g
12	Orange, navel	Quantity: 1 medium
12	Buttermilk, low fat cultured	Quantity: 1 cup 245g
11	Plums, dried Sun-maid	Quantity: 3 pitted 28g
11	Blueberries, raw organic	Quantity: 1 cup 148g
11	Cantaloupe, raw organic	Quantity: 1/4 medium 138g
11	Nectarine, raw	Quantity: 1 medium 142g
11	Orange Juice, raw	Quantity: 1/2 cup 4oz
11	Prunes, raw	Quantity: 3 whole 28g
11	Dates, Deglet Noor Sun-maid	Quantity: 2 dates pitted 14g
11	Tomatoes, canned diced, no salt added	Quantity: 14.5oz can
10	Figs, raw	Quantity: 1 large 64g
10	Honeydew melon, raw	Quantity: 1/8 of 5"melon
10	Peach, frozen slices organic	Quantity: 3/4 cup 140g
10	Cauliflower, green, raw	Quantity: small head 325g
9	Beets, canned slices	Quantity: 1 cup 170g
9	Cherries, sweet, raw	Quantity: 9 whole 70g
9	Onion, yellow, raw	Quantity: 1 medium
9	Papaya, raw	Quantity: 1 small 152g
9	Tangerines, (mandarin oranges) raw	Quantity: 1 medium 88g
8	Kiwi fruit, raw (without skin)	Quantity: 1 large 91g
8	Beets, cooked	Quantity: 2 beets 100g
8	Grapefruit, raw (pink or red)	Quantity: 1/2 fruit 230g
8	Parsnip, cooked	Quantity: 1 (9"long) 160g
8	Peas green, raw	Quantity: 1 cup 145g
8	Strawberries, raw organic	Quantity: 8 medium 147g
8	Tomato Juice, V8	Quantity: 1 cup 243g
8	Tomato Juice, V8 low sodium	Quantity: 1 cup
8	Grapes, raw seedless (red or purple)	Quantity: 10 whole 49g
7	Avocado (green), Florida raw	Quantity: 1 fruit 304g
7	Jicama (yambean), raw	Quantity: 1 small 365g
7	Lettuce, romaine, raw	Quantity: 1 head, 626g
7	Peas, frozen	Quantity: 1 cup 134g
7	Pepper, sweet red raw	Quantity: 1 large 164g
7	Potato, Sweet (cooked) with skin no salt	Quantity: 1 medium 114g
6	Cauliflower, white, raw	Quantity: 1 small, 265g
6	Coconut Milk, Silk PureCoconut-Original	Quantity: 1 cup
6	Parsnip, raw	Quantity: 1 cup slices, 133g
6	Yogurt, organic Greek plain nonfat	Quantity: 5.3oz 150g
5	Raspberries, raw	Quantity: 1 cup 123g
5	Dates, Deglet Noor Sun-maid	Quantity: 1 date pitted 7g
5	Peas, canned Lesueur (baby) -50% sodium	Quantity: 1 cup 175g
5	Corn, yellow frozen, microwaved	Quantity: 1 cup 141g
5	Cucumber, raw with peel	Quantity: 8" whole 301g
5	Turnip, cooked	Quantity: 1 cup cubes 156g
5	Turnip, raw	Quantity: 1 medium 122g
4	Apple Butter, no sugar added, organic	Quantity: 1 Tbsp 17g
4	Cranberries, raw	Quantity: 1 cup 100g
4	Legumes, lentils, cooked	Quantity: 1 cup 198g
4	Squash butternut (winter), cooked no salt	Quantity: 1 cup cubed 205g
4	Tomato cherry, raw	Quantity: 5 whole 1 cup
4	Avocado (green), Florida raw	Quantity: 1/2 fruit 152g
4	Leeks, raw	Quantity: 1 leek 89g
3	Cabbage, red, raw, chopped	Quantity: 1 cup 89g
3	Corn, sweet, yellow cooked	Quantity: medium ear 103g
3	Eggplant, cooked, boiled, drained, without salt	Quantity: 1 cup 99g
3	Flour, buckwheat	Quantity: 1 cup 120g
3	Bread, Whole Grain Sandwich Thins	Quantity: 2 slices
3	Cottage Cheese, low fat 1% milkfat	Quantity: 1/2 cup 113g
3	Cottage Cheese, low fat 2% milkfat	Quantity: 1/2 cup 113g
3	Onion, yellow, raw	Quantity: 1 small
3	Pepper, sweet green raw	Quantity: 1 large 164g
3	Quinoa	Quantity: 1/4 cup 46g
3	Squash spaghetti, cooked no salt	Quantity: 1 cup 155g
3	Squash zucchini (summer)	Quantity: 1 medium
3	Tomato, raw	Quantity: 1 medium 123g
3	Tomatoes, canned crushed, no salt added	Quantity: 1/4 cup 63g
3	Carrot, raw	Quantity: 1 medium 61g
3	Cabbage, red, raw, shredded	Quantity: 1 cup 70g
2	Cauliflower, white, raw	Quantity: 1 cup 100g
2	Pistachio nuts, raw	Quantity: 49 nuts 28g
2	Asparagus, spears	Quantity: 6, 7"spears 100g
2	Bread, Whole Grain, Pepperidge Farm double fiber	Quantity: 1 slice, 43g
2	Broccoli, frozen Green Giant Steamers	Quantity: 2 cups
2	Brussels sprouts	Quantity: 3 whole, 88g
2	Cashews, raw whole	Quantity: 1oz 28g
2	Cauliflower, green, raw	Quantity: 1 cup 64g
2	Coconut butter (whole coconut pulp)	Quantity: 1 Tbsp 15g
2	Green beans, raw	Quantity: 20 beans 1 cup 110g
2	Jicama (yambean), raw	Quantity: 1 cup slices 120g
2	Mushrooms, white, whole	Quantity: 1 cup 96g
2	Nutmeg, ground	Quantity: 1 Tbsp
2	Pasta, Capellini 100% whole wheat	Quantity: 2oz 56g
2	Pasta, Rotini 100% whole wheat	Quantity: 2oz 56g
2	Peas, sugar snap, raw	Quantity: 20 pods 68g
2	Potato, Red (cooked) with skin no salt	Quantity: 1 medium 173g
2	Wheat Germ, raw	Quantity: 2 Tbsp 16g
2	Potato, Russet (cooked) with skin no salt	Quantity: 1 medium 173g
2	Broccoli, raw chopped	Quantity: 1 cup 91g
2	Edamame, organic, frozen whole pods	Quantity: 1/2 cup 113g
1	Flour, brown rice	Quantity: 1 cup 158g
1	Macadamia nuts, raw	Quantity: 12 nuts 28g
1	Flour, barley	Quantity: 1 cup 148g