SPOT SNEAKY SUGAR SOURCES

BlueCross BlueShield Federal Employee Program
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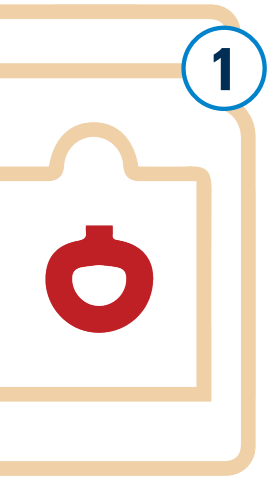
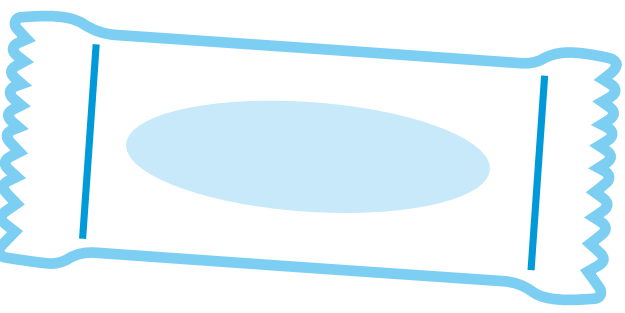
Sugar hides in many foods you might not expect. Check out these unsuspecting sources.



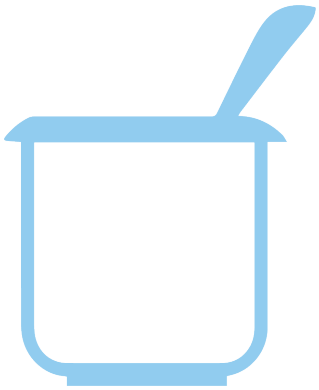
1 PASTA SAUCES

Many sauces have 6-12 grams of sugar per serving. That's what you find in a cookie! Make your own marinara from low-sodium tomato sauce or canned whole tomatoes.



2 GRANOLA BARS

Just because it has granola doesn't make this a healthy snack. Many granola bars have added sweeteners like corn syrup, brown sugar and chocolate. Make your own low-sugar version with a small cup of unsweetened granola, a handful of nuts and a spoonful of dried cranberries.



3 YOGURT

High in calcium and protein, but also high in sugar, some yogurts can have as much as 33 grams. That's as much sugar as a scoop of ice cream! Choose a low-sugar Greek yogurt instead or add your own fresh fruit to plain, low-fat yogurt.

4 INSTANT OATMEAL

Another healthy-sounding food that really isn't, many instant oatmeal flavors have 10-15 grams of sugar per packet. Try buying plain oatmeal and adding slices of frozen peaches or strawberries.

5 SALAD DRESSING

Not only do sweet dressings – raspberry vinaigrette, French and Catalina – have a lot of sugar, but they're also easy to pour much more than a single serving. Dip your forkfuls into dressing on the side, or better yet, make your own dressing from olive oil and a squeeze of lemon.

7 TEA

Replacing sugary soda with tea seems like the healthy choice. But flavored teas can have as much as 32 grams of sugar per bottle. Brew your own tea at home to cut back on sugar or try an unsweetened sparkling water.

6 BREAKFAST CEREALS

Even cereals without a cartoon mascot can be high in sugar. Always check the nutrition facts label to see how much added sugar is in a serving. The American Heart Association recommends that women get less than 25 grams of added sugar per day and men get less than 38 grams.

8 KETCHUP

Mindless dunking and burger-topping can really rack up your sugar intake from ketchup. It's not as high in sugar content as many other foods, but it can still be easy to get much more than you bargained for.

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