

Healthy Living

...for life!
Alameda County Public Health Department

¡Demasiado Azúcar! Alimentos Ordenados por Su Contenido de Azúcar

| Alimentos | Porción Típica | Calorías | Azúcar(g) | Azúcar (cucharaditas) |
|--|----------------|----------|-----------|-----------------------|
| McDonald's Triple Thick Choc Shake (medium) | 16 oz. | 580 | 84 | 21 |
| Coca Cola (regular) | 20 oz. | 240 | 65 | 17 |
| Rockstar Energy Drink | 16 oz. | 280 | 62 | 16 |
| Sunny Delight | 16 oz. | 260 | 60 | 15 |
| Wendy's Vanilla Frosty (medium) | 16 oz. | 410 | 57 | 14 |
| Jarritos Mandarina Drink | 16 oz. | 240 | 54 | 14 |
| Snapple Lemonade Iced Tea | 16 oz. | 220 | 54 | 14 |
| McDonald's Deluxe Breakfast (w/ regular sized biscuit) | 1 comida | 1320 | 49 | 12 |
| Starbucks Grande Mocha Frappuccino (no whipped cream) | 16 oz. | 290 | 48 | 12 |
| Dryer's Grand Rainbow Sherbet | 1 taza | 260 | 46 | 12 |
| Tropical Skittles (regular sized bag) | 2.17 oz. | 240 | 45 | 11 |
| Capri Sun Fruit Drink (big pouch) | 11.25 oz. | 152 | 38 | 10 |
| Original Gatorade | 20 oz. | 140 | 35 | 9 |
| Vitamin Water | 20 oz. | 125 | 32 | 8 |
| Original Kool-Aid (1 scoop dry mix and 16 oz. water) | 16 oz. | 120 | 32 | 8 |
| Plain M&Ms (regular sized bag) | 1.69 oz. | 240 | 31 | 8 |
| Yoplait Yogurt (flavored, 99% fat free) | 6 oz. | 180 | 31 | 8 |
| Snickers (regular bar) | 2 oz. | 280 | 30 | 8 |
| Otis Spunkmeyer Wild Blueberry Muffin | 1 panecillo | 420 | 30 | 8 |
| Bubble/Boba Tea | 16 oz. | 265 | 29 | 7 |
| Red Bull Energy Drink | 8 oz. | 110 | 27 | 7 |
| French Toast Sticks (froz.en) | 5 tajadas | 513 | 26 | 7 |
| Cap'n Crunch Cereal | 1.5 tazas | 220 | 24 | 6 |
| Pancake Syrup | 2 cucharadas | 98 | 24 | 6 |
| Gummi Bears | 14 ositos | 140 | 22 | 6 |
| Burger King Honey Flavored Dipping Sauce | 1 oz. | 90 | 22 | 6 |
| Oreos | 3 galletas | 160 | 14 | 4 |
| Nutrigrain Mixed Berry Cereal Bar | 1 barra | 140 | 13 | 3 |
| Kellogg's Fruit Flavored Snacks | 1 bolsa (25 g) | 80 | 13 | 3 |
| GoGurt | 2.3 oz. | 80 | 11 | 3 |
| Burger King Whopper Sandwich | 1 sándwich | 670 | 11 | 3 |
| SpaghettiOs | 1 lata | 332 | 10 | 3 |
| Newman's Own Low-fat Sesame Ginger Dressing (packet) | 1.5 fl oz. | 90 | 10 | 3 |
| Kraft BBQ Sauce | 2 cucharadas | 39 | 8 | 2 |
| Lay's BBQ Chips | 3 oz. bolsa | 525 | 6 | 2 |
| Soy Vay Teriyaki Sauce | 1 cucharada | 30 | 5 | 1 |
| Subway Turkey Breast Salad | 1 ensalada | 110 | 5 | 1 |
| Fat Free Italian Salad Dressing | 2 oz. | 35 | 4 | 1 |
| Kellogg's Special K Cereal | 1 taza | 120 | 4 | 1 |
| Graham Crackers | 2 cuadritos | 59 | 4 | 1 |
| Del Monte Ketchup | 1 cucharada | 15 | 4 | 1 |



Servicios de Nutrición • 3600 Telegraph Ave. Oakland, CA 94609 • 510-595-6454 • www.healthylivingforlife.org
 Para importante información nutricional, visite www.campeonesdelcambio.net. Para información sobre las estampillas de comida, llame al 877-847-3663. Financiado por el Supplemental Nutrition Assistance Program del Departamento de Agricultura de los Estados Unidos, un proveedor y empleador que ofrece oportunidades equitativas. Departamento de Salud Pública de California.