Foods with Surprisingly High Sugar Content

By: Yanjun, Natural News

Most tomato products are high in sugar content. Ketchup is a food that few people realize has a large amount of sugar. The truth is that sugar is in most processed foods, meaning you never know when it will land on your table.

Doing your best to avoid unwanted sugar is always a good idea, but you wouldn't expect to find sugar in an all-natural 100% fruit juice, but sugar is in it as well. Sugar is an ingredient that just shows up unexpectedly.

One reason for such high sugar contents in some processed products is that some of them, like ketchup or barbecue sauce, have a high acid content. The sugar is added to take the edge out of the highly acidic taste which also adds to the flavor.

However, sugar is added to pork and beans for flavor. Check the label for spaghetti sauce and other tomato products. For those who enjoy homemade tomato-based dishes, the high acid content comes as no surprise.

Sports Drinks are another product many don't know are high in sugar.
Sports drinks are great for a workout, they replace electrolytes and many other essential minerals, vitamins and fluids lost to a rigorous workout. However, checking ingredient labels shows that, while a 12 ounce cola has 35 grams of sugar, a 20 ounce sports drink has 35 grams per 12 ounces.

Fruit yogurt is another food you never knew was high in sugar.
How could yogurt have so much sugar when it says "low calories"? The truth is that low calories does not mean low fat. In fact, yogurts with fruit is loaded with sugar, about 40 grams of sugar per 8 ounce container. You only need 32 grams of sugar a day to maintain a 2,000 calorie a day diet.

Cranberry juice is another food high in sugar.
While cranberry juice has many health benefits, it too is loaded with sugar. Advertisements promote cranberry juice but not its high sugar content. There are 35 grams of sugar in an 8 ounce glass of 100% cranberry juice. A 12 ounce cola has the same gram count of sugar. Cranberry pills are available with all the great benefits you would expect.
Honey is our last stop of foods you didn’t know were loaded with sugar. While honey is a known natural sweetener, it is surprising to hear just how high in sugar it is. There are 17 grams of sugar in one tablespoon of honey. This could mean that honey may not be the perfect sugar substitute that it once was thought to be. However, hot tea, lemon and honey can help ease the effects of a cold. In closing, read the labels of your processed foods. Learn the contents.

Sources for this article include:

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Yanjun is a health and nutrition writer with over 3 years of professional experience in the health and fitness industry. He’s a contributor to many premier source for health advice, fitness tips, and consumer reviews of nutritional supplements.