

How Much Sugar?



How much sugar is in...
ONE POPTART?

Well, there are actually 16 grams of sugar, enough to fill this jar over half full!



How much sugar is in 2 tablespoons
of **PANCAKE SYRUP?**

There are about 18 grams of sugar in regular pancake syrup!



How much sugar is in one cup of
FRUIT LOOPS or **CAPTAIN CRUNCH?**

There are 20 grams of sugar in one cup of Captain Crunch or Fruit Loops...



How much sugar is in one cup of
VANILLA ICE CREAM?

24 grams of sugar in only one cup!



How much sugar is in $\frac{1}{2}$ cup of
JELL-O?

Jell-O contains 19 grams of sugar in only one cup.



How much sugar is a **12 OZ SODA?**

WOW! There are 44 grams of sugar on only 12 ounces of regular soda!