

# Foods highest in

# Sugars, total

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

55 g

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Sugar, granulated	47%	-46	0.9	26	Whey, sweet, dried	38%	122	1.0	28
Vanilla extract, imitation	47%	-41	6.3	179	Tomato juice	38%	401	20.7	588
Brown sugar	46%	-29	0.9	27	Watermelon	38%	117	11.8	333
Mandarin oranges, canned	46%	64	5.8	164	Applebutter	37%	-14	2.0	58
Peaches in syrup, canned	46%	6	4.8	135	Sweet red cherries	37%	41	5.6	159
Powdered sugar	46%	-45	0.9	26	Apples	36%	23	6.8	192
Apricot nectar, canned	45%	42	6.3	179	Tangerines, mandarin oranges	36%	124	6.7	189
Grape juice concentrate, w/C	45%	39	2.0	56	Oranges	36%	205	7.5	213
Papaya nectar, canned	44%	-3	6.2	175	Hershey's Chocolate Syrup	36%	-17	2.4	69
Marmalade, orange	44%	-34	1.4	41	Raisins	36%	8	1.2	33
Pomegranates	44%	26	5.2	147	Clementines	36%	167	7.5	213
Splenda sweetener	44%	-44	1.1	30	Pineapple	35%	243	7.3	208
Pineapple, canned	44%	109	5.9	167	Apricots raw	35%	188	7.3	208
Litchis, dried	43%	92	1.3	36	Molasses	35%	64	1.2	34
Orange juice,concentrate	43%	138	2.2	63	Whey, sweet	35%	107	13.1	370
Maraschino cherries	43%	-24	2.1	61	Mulberries	34%	188	8.2	233
Catsup	43%	27	3.6	103	Pineapple juice w/vit C	34%	152	6.7	189
Applesauce	43%	9	8.2	233	Orange juice	34%	176	7.8	222
Apple juice,concentrate	43%	44	2.1	60	Orange juice, fr/concentrate	34%	147	7.8	222
Stewed prunes	42%	32	3.3	93	Cocoa mix, powder	33%	13	0.9	25
Prune juice	42%	40	5.0	141	Nectarines	33%	98	8.0	227
Cantaloupe	42%	395	10.4	294	Chocolate syrup	32%	8	1.3	36
Mangos	41%	111	5.4	154	Blueberries	32%	89	6.2	175
Honeydew melons	41%	110	9.8	278	Vinegar, balsamic	31%	-9	4.0	114
Dates	41%	6	1.3	35	Sour red cherries	31%	119	7.1	200
Grapes	41%	44	5.1	145	Pears	31%	37	6.1	172
Apricots dried	40%	68	1.5	41	Pears, asian	31%	60	8.4	238
Figs	40%	44	4.8	135	Horseradish	30%	148	7.3	208
Grapefruit	40%	228	11.0	313	Red bell peppers	29%	1071	13.6	385
Plums	39%	72	7.7	217	Dried plums	29%	44	1.5	42
Peaches	39%	104	9.0	256	Beets	29%	205	8.2	233
Whey, acid	39%	147	14.7	417	Rutabagas	28%	251	9.8	278
Pears in syrup, canned	39%	-4	6.2	175	Strawberries	28%	359	11.0	313

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Papayas	28%	318	9.0	256	All-Bran Buds	20%	874	1.4	40
Vanilla frosting	27%	-20	0.8	24	Onions	19%	113	8.8	250
Tomato paste	27%	243	4.3	122	Vanilla ice cream	19%	13	1.8	50
Kiwi	27%	287	5.8	164	Onion powder	19%	86	1.0	29
Tomatoes, ripe	27%	416	19.6	556	Milk 2% with vitamin A	18%	162	7.1	200
Sun-dried tomatoes	26%	211	1.4	39	Human milk	18%	29	5.0	143
Non-fat dry milk w vit A	26%	218	1.0	28	Eggplant	18%	279	14.7	417
Ensure plus	26%	116	2.5	71	Pumpkin, canned	18%	1139	10.4	294
Iceberg lettuce	26%	410	25.2	714	Kohlrabi	18%	510	13.1	370
Tomatoes, canned	25%	296	20.7	588	Pop Tarts	17%	12	0.9	26
Sprouted mung beans	25%	395	11.8	333	Cauliflower	17%	566	14.1	400
Garden cress	25%	1639	11.0	313	French vanilla ice cream	17%	10	1.6	45
Summer squash	25%	546	22.0	625	Podded peas	17%	492	8.4	238
Bananas	25%	82	4.0	112	Sauerkraut, canned	17%	269	18.6	526
Yogurt, fat free	25%	213	6.3	179	Kellogg's Nutri-Grain	17%	75	1.0	27
Pie fillings, apple	25%	-12	3.5	99	Chinese cabbage (bok choy)	17%	1749	27.1	769
Turnips	25%	231	12.6	357	Lemon peel	16%	479	7.5	213
Sprouted mung beans, cooked	25%	397	16.8	476	Raisin Bran Cereal	16%	325	1.1	32
Tomato soup	25%	88	5.9	167	Cranberries	16%	156	7.7	217
Fig bars	24%	20	1.0	29	Whole milk 3.25% fat	16%	123	5.9	167
Chili peppers	24%	693	8.8	250	Beef broth,from cube	16%	-584	117.6	3333
Kumquats	24%	151	5.0	141	Lemons	16%	318	12.2	345
Guavas	24%	526	5.2	147	Dandelion greens	16%	849	7.8	222
Cabbage	23%	497	14.1	400	POST 100% BRAN	15%	320	1.2	35
Hot cocoa, homemade	23%	107	4.6	130	Raspberries	15%	234	6.8	192
Pimento, canned	23%	884	15.3	435	Rich vanilla ice cream	15%	3	1.4	40
Milk 1% with vitamin A	23%	206	8.4	238	Arugula	15%	825	14.1	400
Plantains	22%	77	2.9	82	Malted milk, chocolate	14%	86	4.1	118
Tomatillos	22%	212	11.0	313	Smart Start Cereal	14%	593	1.0	27
Green bell peppers	22%	738	17.6	500	Yogurt, plain, whole milk	14%	104	5.8	164
Radishes	21%	356	22.0	625	Asparagus	14%	586	14.1	400
Carrots	21%	1011	8.6	244	White mushrooms	14%	629	16.0	455
Celery	21%	422	22.0	625	Evaporated milk	14%	83	2.6	75
Blackberries	21%	285	8.2	233	Graham crackers	13%	38	0.8	24
Total Raisin Bran	20%	648	1.1	32	Garlic powder	13%	141	1.1	30
Cucumber	20%	264	23.5	667	Boston lettuce	13%	1299	27.1	769
Bamboo shoots	20%	393	13.1	370	Smart Start Soy Protein	13%	541	1.0	27
Zucchini	20%	553	22.0	625	Peas	13%	285	4.4	123

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Romaine lettuce	13%	1566	20.7	588	Coriander (cilantro) leaves	7%	1762	15.3	435
Portabella mushrooms	13%	593	13.6	385	Cottage cheese, 1% fat	7%	227	4.9	139
Grape leaves	12%	998	3.8	108	Chicken Broth 1% fat	7%	17	88.2	2500
Infant formula, SIMILAC	12%	96	5.3	152	Sweet yellow corn	7%	139	4.1	116
Kashi GoLean Crunch	12%	46	0.9	27	Wheaties	7%	436	1.0	27
Goat milk	12%	97	5.1	145	Paprika	7%	763	1.2	35
Parsnips	12%	190	4.7	133	Kellogg's Special K	6%	529	0.9	26
Leeks	12%	274	5.8	164	Grape-Nuts Cereal	6%	142	1.0	28
Italian (Crimini) mushrooms	12%	606	13.1	370	Cowpeas (blackeyes)	6%	223	3.9	111
Eggnog	11%	38	2.6	74	Cheese lasagna	6%	137	2.7	77
Chives	11%	1205	11.8	333	Red/cayenne pepper	6%	541	1.1	31
Mustard greens	11%	2403	13.6	385	Oyster mushrooms	6%	429	10.1	286
All-Bran Original	11%	1025	1.4	38	Miso	6%	54	1.8	50
Swiss chard	11%	2849	18.6	526	Veggie Dog	6%	17	2.6	75
Complete Oat Bran Flakes	10%	1118	1.0	29	Oat bran muffins	6%	138	1.3	37
Limes	10%	222	11.8	333	Chicory greens	6%	1726	15.3	435
Multi-Grain Cheerios	10%	952	0.9	26	Red leaf lettuce	5%	1603	22.0	625
Ground nutmeg	10%	44	0.7	19	Total Corn Flakes	5%	1004	0.9	27
Complete Wheat Bran	10%	1194	1.1	31	Chickpeas (garbanzo)	5%	194	1.0	27
Rhubarb	10%	325	16.8	476	Kellogg's Corn Flakes	5%	308	1.0	28
Pumpkin	10%	857	13.6	385	Hot dogs, fat free	5%	8	4.8	137
Green leaf lettuce	9%	1957	23.5	667					
Brussels sprouts	9%	692	8.2	233					
Total cereal	9%	1153	1.1	30					
Broccoli	9%	748	10.4	294					
Chinese waterchestnuts	9%	117	3.6	103					
Sweet potato	9%	436	4.1	116					
Gingersnaps	9%	58	0.8	24					
Green beans	8%	393	11.4	323					
Manhattan clam chowder	8%	201	5.8	164					
Vanilla extract	8%	-38	1.2	35					
Chestnuts, european	8%	101	1.4	41					
Light Dressing, Miracle Whip	8%	-20	1.5	43					
Sour cream, reduced fat	8%	-15	2.3	66					
Cream of mushroom soup	7%	61	6.8	192					
7-grain bread	7%	144	1.4	40					
Okra	7%	671	11.4	323					
Meatball and pasta, canned	7%	95	3.4	97					