

## 11 Foods Your Dentist Won't Touch

America's Most Sugar-Packed Foods.

By David Zinczenko and Matt Goulding, Men's Health

Would you believe that each of us will eat the sugar equivalent of 3,628 Reese's Peanut Butter Cups in the next 12 months? It sounds impossible, but according to the latest statistics, the average American will consume 140 pounds of the sweet stuff in 2010. How can that be?

Well, sugar is everywhere. And not just in ice cream treats and gummy candies. In our new list of the 11 Most Sugar-Packed Foods in America, you'll find products that you'd never think of as "sugar-filled." That's why five out of five dentists no-doubt agree: These eleven foods are bad for your teeth—and your health.

### 11. Most sugar-packed canned fruit

Del Monte Peach Chunks in Heavy Syrup

- 23 g sugars
- 100 calories
- 0 g fat

**Sugar equivalent:** 3 Rainbow Popsicles

Unlike most food on this list, these peaches aren't bona fide junk food; they are, after all, still fruit. But why manufacturers feel the need to can, package, and bottle nature's candy with excess sugar is a question that Eat This, Not That! will never stop asking. In this case, the viscous sugar solution clings to the fruit like syrup to a pancake, soaking every bite with utterly unnecessary calories. Looking for cheap sources of fruit to have on hand at any time? Opt for the frozen stuff—it's picked at the height of season and flash frozen on the spot, keeping costs low and nutrients high.

Bonus tip: Not all healthy-seeming food is good for you. For jaw-dropping examples of deceptive dishes, read [30 "Healthy" Foods That Aren't](#).

### Eat This Instead!

Dole Frozen Sliced Peaches (1/4 cup)

- 3 g sugars
- 167 calories
- 0 g fat

### 10. Most sugar-packed cereal

Quaker Natural Granola Oat & Honey & Raisins (1 cup)

- 30 g sugars
- 420 calories
- 12 g fat (7 g saturated)
- 6 g fiber

**Sugar equivalent:** 2 scoops of Edy's Slow Churned Rich and Creamy Fudge Tracks Ice Cream

Like eating dessert for breakfast? Because that's basically what granola is. Sure, there's a splash of fiber, but it's completely diluted by a tidal wave of sugar. In fact, sugar accounts for more than a third of the calories in this bowl, and unfortunately, Quaker's is the rule, not the exception. The only acceptable use for granola is to crumble a small handful into plain yogurt. Save your bowls for a cereal more wholesome.

**Bonus tip:** Not into Shredded Wheat? See what other cereals rank well on our list of the [24 Best and Worst Cereals](#).

**Eat This Instead!**

Post Shredded Wheat (1 cup)

- 0 g sugars
- 170 calories
- 1 g fat (6 g fiber)

**9. Most sugar-packed Chinese meal**

Manchu Wok Honey Garlic Chicken with Fried Rice

- 34 g sugars
- 840 calories
- 34 g fat (6 g saturated)
- 2,100 mg sodium

**Sugar equivalent:** 3 chocolate Eclairs

Why does this simple Chinese meal pack as much sugar as a pack of Skittles? Blame the Honey Garlic Sauce bathing the chicken. The Honey Garlic Chicken packs about twice the sugar as the Pineapple Chicken, so making that switch will automatically improve the dish. Do yourself one extra favor and switch to mixed vegetables instead of rice as a side. You'll earn flavor and nutrients while eliminating 280 calories.

**Eat This Instead!**

Pineapple Chicken with Mixed Vegetables

- 17 g sugars
- 300 calories

**8. Most sugar-packed mall snack**

Auntie Anne's Cinnamon Sugar Pretzel with Sweet Dip

- 61 g sugars
- 600 calories
- 12 g fat (7 g saturated)

**Sugar equivalent:** 21 Starburst Fruit Chews

The combination of the sweetest pretzel with the sweetest dip (there are 32 grams of sugar in that little cup!) makes this the most nefarious option for your blood sugar and your choppers. Nothing trumps marinara in the battle for a better dip, but to complement the sweet flavor of a raisin pretzel, cream cheese is far safer than the other options. Cut an extra 30 calories by asking them to prepare your pretzel sans butter.

Bonus tip: See which fast-food joint made our list of the [20 Best Restaurant Meals 2009](#).

**Eat This Instead!**

Raisin Pretzel with Cream Cheese

- 16 grams sugars
- 440 calories
- 11 g fat (7.5 g saturated)

**7. Most sugar-packed kids' meal**

Oscar Mayer Maxed Out Turkey & Cheddar Cracker Combo Lunchables

- 61 g sugars
- 680 calories
- 22 g fat (9 g saturated)
- 1,440 mg sodium

**Sugar equivalent:** 6 Reese's Peanut Butter Cups

The Maxed Out line is the worst of the lackluster Lunchables, with a back label that reads like a chemistry textbook. By cramming dessert and a supersweet drink into the box, Oscar manages to saddle this already-troubled package with more added sugar than your child should take in all day.

#### **Eat This Instead!**

Oscar Mayer Cracker Stackers Lean Ham & Cheddar

- 6 g sugars
- 340 calories
- 19 g fat (9 g saturated)
- 1,110 mg sodium

### **6. Most sugar-packed juice**

Tropicana Grape Juice Beverage (15.2-ounce bottle)

- 72 g sugars
- 290 calories
- 0 g fat

**Sugar equivalent:** 4 Klondike Ice Cream Sandwiches

This beverage has more than 10 percent of your day's calories and as much sugar as 7 glazed doughnuts. Want to know why? It's made from just 30 percent juice (which is already naturally sweet)—but grape juice concentrate shows up third on the list of ingredients after filtered water and high fructose corn syrup. When drinking juice, opt for 100 percent, and keep portion sizes small.

Bonus Tip: See what drinks made our list of the [20 Worst Beverages in America](#).

#### **Drink This Instead!**

Minute Maid Mixed Berry 100% Juice (1 box, 6.75 fl oz)

- 23 g sugars
- 100 calories
- 0 g fat

### **5. Most sugar-packed soda**

Sunkist (20-ounce bottle)

- 85 g sugars
- 325 calories
- 0 g fat

**Sugar equivalent:** 17 Chewy Chips Ahoy! Cookies

This one drink contains as much sugar as most people consume in a day—and that's accounting for the fact that most people consume way too much of the sweet stuff. That's because, just like the grape juice mentioned above, it's made up mostly of water and high fructose corn syrup (only the water in this soda is carbonated). Diet Sunkist cuts out all real sugar, but you're still better off skipping the soda altogether.

**Drink This Instead!**

Honest Ade Orange Mango (16.9-ounce bottle)

- 24 g sugars
- 100 calories

**4. Most sugar-packed coffee drink**

Starbucks Tazo Green Tea Frappuccino Blended Crème with Whipped Cream (20 ounces)

- 97 g sugars
- 650 calories
- 15 g fat (8 g saturated, 0 g trans)

**Sugar equivalent:** 11 York Dark Chocolate Covered Peppermint Patties

While green tea has myriad health benefits, presentation is key—and this green tea concoction has been so nutritionally sullied that any potential benefits are utterly lost. Not only does this one drink contain over a quarter of your day's calories, it also packs nearly half a day's worth of saturated fat—and, as we mention above, as much sugar as you'll find in 11 Peppermint Patties. Your best bet when ordering at a coffee chain is to skip the fancy drinks altogether. Order a regular green tea, without all the trimmings.

**Bonus tip:** Avoid the hand-held dietary disasters on our list of the [30 Worst Sandwiches in America](#).

**Drink This Instead!**

Tazo Tea (Venti)

- 0 g sugars
- 0 calories
- 0 g fat

**3. Most sugar-packed ice cream**

Coldstone Creamery JELL-O Butterscotch Pudding Ice Cream (Gotta Have It-size)

- 97 g sugars
- 830 calories
- 41 g fat (27 g saturated, 1 g trans)

**Sugar equivalent:** 5 scoops of Ben and Jerry's Vanilla Ice Cream

Part of the problem here is that you've ordered Coldstone's Gotta Have It size, which is the equivalent of ordering about three scoops of ice cream from another joint, like Ben and Jerry's. The other problem is that this ice cream has been mixed with JELL-O Pudding flavor, which basically amounts to more sugar. Stick to the smalls, and choose the Butter Pecan instead to cut over two-thirds of the sugar content and more than half the calories.

**Eat This Instead!**

Butter Pecan Ice Cream (Like It-size)

28 g sugars

320 calories

19 g fat (12 g saturated, 0.5 g trans)

**2. Most sugar-packed shake**

Coldstone Creamery Very Vanilla Shake (Gotta Have It-size)

- 192 g sugars
- 1820 calories
- 85 g fat (59 g saturated, 2.5 g trans)

**Sugar equivalent:** 6 and a half Snickers bars

When lambasting Coldstone milkshakes, we normally focus all of our attention on the gluttonous PB&C monstrosity, which weighs in at over 2,000 calories. But the Very Very Vanilla bests the PB&C in sugar content by nearly four popsicles' worth. Suck down this sinful diet destructor, and you'll consume nearly a full day's worth of calories, three days' worth of saturated fat, your total daily allotment of artery-clogging trans fatty acids, and as much sugar as in more than six Snickers bars! The bad news is that even Coldstone's Sinless Smoothie line contains an outrageous amount of sugar—we'll have to recommend the Butter Pecan Ice Cream, once again. Or, better yet—just skip Coldstone altogether!

### **Eat This Instead!**

Butter Pecan Ice Cream (Like It-size)

- 28 g sugars
- 320 calories
- 19 g fat (12 g saturated, 0.5 g trans)

### **1. Most sugar-packed item in America**

Smoothie King Grape Expectations II (40-oz)

- 250 g sugars
- 1096 calories
- 0 g fat

**Sugar equivalent:** 30 Chocolate Drizzle Rice Krispies Treats

There's only one other item on the Smoothie King menu with as much sugar as this smoothie, and that's a drink intended to help guys bulk up fast—so it's overloaded. That's still no excuse for packing 250 grams of sugar into one measly cup, but at least it's flagrantly and openly excessive—unlike this grape drink, which is listed under the menu's "Snack Right" section, if you can believe it.

### **Drink This Instead!**

Low-Carb Strawberry (20-oz)

- 3 g sugars
- 268 calories
- 9 g fat (4 g saturated fat)

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