
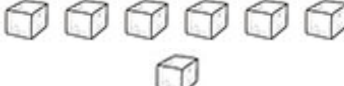
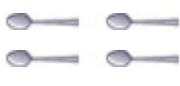







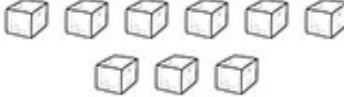





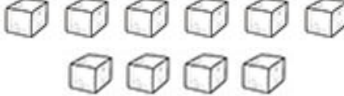





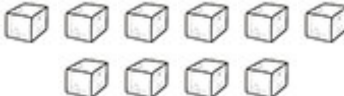



# Hidden Sugars and Fats

Food	Sugar Content in Cubes*	Fat Content in Teaspoons	Total Calories
<b>Apple Pie – 1 Slice 1/6 pie</b> 	 <b>7 cubes</b>	 <b>4 teaspoons</b>	<b>380 calories</b>
<b>Chocolate Candy Bar – 1 Hershey's® with almonds 1.5 oz.</b> 	 <b>5 cubes</b>	 <b>4 teaspoons</b>	<b>250 calories</b>
<b>Ice Cream – 1 cup</b> 	 <b>6 cubes</b>	 <b>4 teaspoons</b>	<b>270 calories</b>
<b>Pop Tart – 2 pastries</b> 	 <b>9 cubes</b>	 <b>3 teaspoons</b>	<b>420 calories</b>
<b>Chocolate Cake – 3.2 oz.</b> 	 <b>8 cubes</b>	 <b>4 teaspoons</b>	<b>365 calories</b>
<b>Chocolate Shake</b> 	 <b>10 cubes</b>	 <b>3 teaspoons</b>	<b>370 calories</b>
<b>Chocolate Milk – 8 oz. glass, whole</b> 	 <b>4 cubes</b>	 <b>2 teaspoons</b>	<b>230 calories</b>
<b>Hostes Twinkies® 1pkg – 2 snack cakes</b> 	 <b>10 cubes</b>	 <b>3 teaspoons</b>	<b>320 calories</b>

\*  = 1 teaspoon of sugar

\*\*  = 1 teaspoon of fat

Developed by: Winnebago/Omaha Diabetes Project



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