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Sugar Content of Selected Foods:

Individual and Total Sugars

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Introduction

The tables of values for individual sugars and total sugars on pages 3-30 were developed from an extensive review of recent scientific literature and from research funded by the Human Nutrition Information Service, United States Department of Agriculture. Values are based primarily on food samples analyzed by high-pressure liquid chromatography (HPLC) or gas chromatography (GC).

Monosaccharides, disaccharides and total sugars.--Sugars are categorized as monosaccharides (galactose, glucose, and fructose); disaccharides (lactose, sucrose, and maltose); and other sugars (trioses and tetroses). Total sugar data generated by direct analyses are presented in the tables without brackets. Values for total sugar that appear in brackets are sums of the listed individual sugars and are believed to be representative of the total sugar content in that food item. Values for the prepared forms of certain foods (e.g. some beverage mixes, legumes, pastas, and baked products) are calculated from data for the unprepared form or ingredients and also appear in brackets. Such calculated values for cooked and baked food items do not take into account starch breakdown and variations in nutrient retention that may occur. The entry "[0.0]" is used if no data are available but none of that sugar is expected to be present. An asterisk signifies that reliable data are lacking but, based on knowledge of that food item, the presence of some of that sugar is expected. A dash signifies that reliable data are lacking and we do not know if any of that sugar is present.

Moisture.--Values are included here as supplemental information for reference purposes. Moisture content varies considerably between different forms of the same food (e.g. raw fruit is high in moisture and relatively low in sugars but dried fruit is low in moisture and relatively high in sugars). Data were taken from several sources including Agriculture Handbook Nos. 8 and 456, and research articles. An asterisk indicates that reliable data are lacking.

Raffinose and stachyose.--Raffinose, a trisaccharide, and stachyose, a tetrasaccharide, are found primarily in legumes and some grains and vegetables. Raffinose and stachyose values for these foods are given in Table 3.

Mannitol and sorbitol.--Mannitol and sorbitol, two sugar alcohols found naturally in some plants, are added to some dietetic foods. Table 4 shows mannitol and sorbitol values for selected foods.

Notes on Food Groups

Beverages.--Only data for beverages produced in the United States are included because formulations differ in other countries. For carbonated beverages, generic names are used. Data for many of the carbonated beverages and fruit drinks reflect the use of high fructose corn syrup as a sweetener.

Fruits and vegetables.--Sugar content of fruits and vegetables varies depending upon cultivar, maturity, storage conditions, and crop year. For vegetables, the description "cooked" usually indicates that the vegetables were boiled. Comparisons between total sugars in these tables and total carbohydrate in other publications should be avoided because total

carbohydrate content includes other components such as dietary fiber, starch, other unaccounted-for sugars, and organic acids.

Grains, cereals, and baked products. --Only commercial samples are included in the compilation of sugar values for pastas and baked products because home recipes for these products vary considerably. Generic names are used for ready-to-eat breakfast cereals.
Legumes.--Similar species of many legumes are grouped together. Common beans (Phaseolus vulgaris) include navy beans, great northern beans, red beans, pink beans, white beans, pinto beans, and red kidney beans. Broadbeans include winter field beans, fava beans, and horsebeans. Although sucrose and raffinose values are similar across samples and species of legumes, stachyose values often vary considerably. Sugar values vary widely depending on maturity and cultivar.

Meat and poultry products.--Variations in industry formulations for luncheon meats partially account for the ranges in sugar values. For example, starch fillers vary in amount and type among formulations; therefore, breakdown products (sugars) may vary.

Milk and milk products.--The sugar content of naturally aged cheeses may differ from processed cheeses because lactose continues to break down as cheese ages. Since formulations for yogurt in the United States differ from those in other countries (e.g. variations in added milk solids), only data for samples produced and analyzed in the United States are included.

Nuts and seeds.--Raw nuts and seeds, except for chestnuts and coconut, are assumed to be dried.

Sugars and sweets.--Values for sugar in some candy bars were derived from industry formulations. For many of the candies, generic descriptions are used instead of brand names.

Vegetables.--see "Fruits and vegetables."

Many baked products, beverages, and sweets are commerically sweetened and vary in amount and type of sugar in the formulations. A beverage, for example, may contain sucrose or high fructose corn syrup (glucose and fructose) or a combination of the two sweeteners. Thus, different brands of a single product may vary in content of glucose, fructose and sucrose.

Abbreviations

The following is a list of the abbreviations used for household measures in Table 2:

diameter	diam
fluid ounce	fl oz
ounce	oz
tablespoon	tbsp
teaspoon	tsp
quart	qt

The sugar data presented in these tables are tentative. Analyzed values on which some of the table values are based, differ widely. Variations in reliability and validity of the several currently used analytical methodologies can account for differences. Additional data will be generated from analyses conducted under research grants and contracts and from continuing research in the scientific community. When such data become available, these tables will be updated and expanded.

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Baked Products									
Biscuit mix:									
Dry	7.5	[0.0]	3.0	*	1.3	1.3	*	*	[5.6]
Prepared with water	28.5	[0.0]	[2.4]	*	[1.0]	[1.0]	*	*	[4.4]
Breads:									
White	37.0	[0.0]	1.8	1.5	*	0.1	0.5	*	[3.9]
Toasted	28.0	[0.0]	1.7	2.2	*	*	0.2	*	[4.1]
Whole-wheat	38.0	[0.0]	1.6	2.0	*	*	0.4	*	[4.0]
Toasted	29.0	[0.0]	1.6	2.3	*	*	0.6	*	[4.5]
Breakfast bar, meal replacement	9.7	[0.0]	6.4	3.0	1.0	29.1	1.8	*	41.4
Cakes:									
Fruit	18.4	[0.0]	11.3	11.3	0.0	20.5	0.0	*	43.1
Sponge, jam-filled	32.0	[0.0]	8.1	3.9	0.0	35.7	0.0	*	47.7
Cookies:									
Animal crackers	3.0	[0.0]	1.8	1.0	0.0	19.6	0.3	*	22.7
Chocolate chip	4.0	[0.0]	0.7	0.3	1.8	22.2	0.0	*	25.0
Wafer, chocolate	4.0	[0.0]	0.2	1.3	0.6	37.2	1.2	*	40.5
Crackers, rye	5.0	[0.0]	0.5	0.9	0.0	1.3	0.5	*	3.2
Doughnuts, cake-type	21.0	[0.0]	3.1	*	1.8	12.0	*	*	[16.9]
English muffin, toasted, buttered	*	[0.0]	1.0	0.3	0.2	0.0	2.0	*	3.8
Granola bar, plain, crunchy	4.3	[0.0]	1.2	1.4	[0.0]	17.1	*	*	[19.7]
Pies:									
Baked, fruit	48.5	[0.0]	5.7	2.8	0.0	21.5	0.9	*	30.9
Fried:									
Apple	42.5	[0.0]	2.0	2.4	0.2	6.1	0.8	*	11.5
Cherry	42.5	[0.0]	5.8	5.2	0.0	*	0.8	*	11.8
Rolls, hamburger	34.0	[0.0]	6.5	*	0.9	*	*	*	[7.4]
Beverages[1]									
Beer:									
Light	95.2	[0.0]	0.6	*	[0.0]	*	0.1	0.0	*
Regular	92.3	[0.0]	0.1	0.2	[0.0]	*	0.1	0.0	*
Beer cooler	86.7	[0.0]	3.0	3.9	[0.0]	0.0	-	-	[6.9]
Brandy, cherry	*	[0.0]	16.5	16.1	[0.0]	0.0	-	-	32.6
Carbonated beverages:									
Cola	89.4	[0.0]	4.0	4.4	[0.0]	2.1	0.1	0.0	10.6
Diet, all flavors	99.8	[0.0]	0.0	0.0	[0.0]	0.0	-	[0.0]	0.0
Ginger ale	91.2	[0.0]	3.1	3.7	[0.0]	1.9	-	-	[8.7]
Lemon-lime	89.5	[0.0]	4.1	6.1	[0.0]	*	-	-	[10.2]
Pepper-type	89.4	[0.0]	5.3	4.4	[0.0]	0.2	-	0.0	9.9
Root beer	89.3	[0.0]	3.2	3.2	0.0	5.6	0.0	-	11.9
Chocolate malted flavor mix:									
Dry	1.3	-	*	4.1	5.8	3.2	27.5	-	[40.6]
Prepared with milk	81.1	-	*	0.3	4.1	0.2	2.2	-	[6.8]
Coffee, flavored:									
Capuccino, dry	1.3	-	1.5	-	-	49.0	0.6	-	[51.1]
Prepared	92.6	-	[0.1]	-	-	[3.6]	[0.0]	-	[3.7]
Mocha, dry	1.7	-	1.6	-	1.4	41.0	1.2	-	[45.2]
Prepared	94.0	-	[0.1]	-	[0.1]	[2.3]	[0.1]	-	[2.6]
Fruit drinks:									
Cherry, canned	[2]88.4	[0.0]	5.2	4.1	0.0	0.8	0.5	-	10.7
Citrus, frozen concentrate, prepared	87.8	[0.0]	*	*	[0.0]	*	-	-	10.6
Lemonade:									
Dry mix	0.3	[0.0]	0.0	0.0	[0.0]	52.0	-	-	[52.0]
Prepared	89.7	[0.0]	[0.0]	[0.0]	[0.0]	[5.5]	-	-	[5.5]
Dry mix with aspartame	1.8	[0.0]	0.0	0.0	[0.0]	0.0	-	-	[0.0]
Prepared	99.3	[0.0]	[0.0]	[0.0]	[0.0]	[0.0]	-	-	[0.0]
Frozen concentrate	52.3	[0.0]	20.8	15.8	[0.0]	4.9	-	-	[41.4]
Prepared	89.3	[0.0]	[4.6]	[3.5]	[0.0]	[1.1]	-	-	[9.2]

[1] Prepared with water unless specified otherwise.
[2] Value from similar food.

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Beverages[1]—Con.									
Fruit drinks (con.):									
Orange, breakfast type:									
Dry mix	0.2	[0.0]	8.0	7.4	[0.0]	75.0	-	-	[90.4]
Prepared	88.1	[0.0]	[1.0]	[0.9]	[0.0]	[8.9]	-	-	[10.8]
Frozen concentrate	59.2	[0.0]	10.8	6.6	[0.0]	14.6	2.8	-	[34.8]
Prepared	87.6	[0.0]	[3.1]	[1.9]	[0.0]	[4.2]	[0.8]	-	[10.0]
Orange, canned	86.9	[0.0]	0.0	0.0	0.0	7.2	0.0	-	7.2
Punch:									
Canned	88.0	[0.0]	3.4	3.7	[0.0]	3.7	0.0	-	11.3
Dry mix	1.4	[0.0]	2.9	0.0	[0.0]	57.1	-	-	[60.0]
Prepared	90.4	[0.0]	4.1	4.2	[0.0]	3.4	-	-	11.6
Frozen concentrate	58.2	[0.0]	10.2	7.9	[0.0]	18.1	-	-	[36.2]
Prepared	88.2	[0.0]	[2.9]	[2.2]	[0.0]	[5.1]	-	-	[10.2]
Liqueur:									
Coffee	31.0	[0.0]	3.6	3.6	[0.0]	29.8	1.8	0.2	[39.0]
Coffee with cream	46.5	*	*	*	*	17.3	*	*	*
Orange	*	[0.0]	1.3	0.0	[0.0]	27.1	-	*	[28.4]
Rum	66.6	[0.0]	-	[0.0]	[0.0]	-	-	-	0.0
Sherry, medium, dry	72.5	[0.0]	1.8	1.8	[0.0]	0.0	-	-	3.6
Tea, brewed:									
Black	99.7	[0.0]	[0.0]	[0.0]	[0.0]	[0.0]	-	-	0.0
Herbal	99.7	[0.0]	-	-	[0.0]	-	-	-	0.0
Thirst-quencher drink, canned	93.5	[0.0]	2.4	2.1	[0.0]	1.4	-	-	5.9
Vermouth:									
Dry	*	[0.0]	1.9	2.0	[0.0]	1.6	-	-	5.5
Sweet	*	[0.0]	6.1	6.1	[0.0]	3.7	-	-	15.9
Vodka	66.6	[0.0]	-	-	[0.0]	-	-	-	0.0
Whiskey sour, mix, without alcohol:									
Dry	0.6	[0.0]	1.0	0.0	[0.0]	71.4	0.0	-	[72.4]
Liquid	78.2	[0.0]	7.9	8.2	[0.0]	3.8	2.3	-	[22.2]
Wine:									
Red	88.5	[0.0]	0.1	*	[0.0]	-	-	-	*
Rose	88.9	[0.0]	0.8	1.7	[0.0]	0.0	-	-	2.5
White	89.6	[0.0]	0.4	0.3	[0.0]	0.0	-	-	0.6
Wine cooler	85.0	[0.0]	3.7	3.6	[0.0]	2.7	-	-	[10.0]
Wine without alcohol	94.6	[0.0]	1.8	1.9	[0.0]	0.0	-	-	[3.7]
Dairy Products									
Cheese:									
Natural:									
Cheddar	36.8	0.8	0.1	[0.0]	0.7	[0.0]	-	0.2	[1.8]
Cottage:									
Creamed (4% fat)	79.0	-	-	[0.0]	0.6	[0.0]	-	[0.0]	[0.6]
Lowfat (less than 0.5% fat)	79.8	-	-	[0.0]	3.2	[0.0]	-	[0.0]	[3.2]
Cream	53.8	-	-	[0.0]	1.7	[0.0]	-	[0.0]	[1.7]
Mozzarella	54.1	-	-	[0.0]	0.4	[0.0]	-	[0.0]	[0.4]
Neufchatel	62.2	-	-	[0.0]	1.0	[0.0]	-	[0.0]	[1.0]
Ricotta, made with:									
Whole milk	71.7	-	-	[0.0]	1.5	[0.0]	-	[0.0]	[1.5]
Skim milk	74.4	-	-	[0.0]	1.4	[0.0]	-	[0.0]	[1.4]
Swiss	37.2	-	0.3	[0.0]	*	0.3	-	0.1	[0.7]
Pasteurized process cheese food, American	43.2	[0.0]	0.1	[0.0]	9.7	0.0	-	-	[9.8]
Cream, whipping, unwhipped	57.7	-	-	-	2.8	-	-	-	[2.8]
Ice cream:									
Chocolate	58.9	-	*	*	6.6	*	*	*	[21.6]
Coffee	58.9	-	*	*	6.9	*	*	*	[21.9]
Strawberry	58.9	-	*	*	3.2	*	*	*	[18.2]
Vanilla	58.9	-	*	*	7.4	*	*	*	[22.4]
Mix, dry	*	-	2.0	1.0	6.2	8.9	*	*	[18.1]

[1] Prepared with water unless specified otherwise.

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Dairy Products—Con.									
Ice milk (soft serve), fast food, with cone:									
Cake cone	64.6	[0.0]	0.9	0.1	5.7	10.0	0.7	*	17.4
Sugar cone	64.6	[0.0]	1.0	0.4	5.1	12.0	0.6	*	19.1
Milk:									
Fluid:									
Whole (3.4% fat)	88.0	[0.0]	[0.0]	[0.0]	4.9	[0.0]	[0.0]	*	5.0
Skim	90.8	[0.0]	[0.0]	[0.0]	4.4	[0.0]	[0.0]	[0.0]	[4.4]
Acidophilus	*	0.7	[0.0]	[0.0]	2.6	[0.0]	[0.0]	[0.0]	[3.3]
Buttermilk	90.1	0.2	[0.0]	[0.0]	3.7	[0.0]	[0.0]	[0.0]	4.8
Dry:									
Whole	2.5	-	-	[0.0]	35.9	-	-	-	[35.9]
Nonfat	3.2	-	-	[0.0]	50.4	-	-	-	[50.4]
Shakes, fast food:									
Chocolate	71.5	-	3.6	1.6	4.8	6.7	0.9	*	17.6
Strawberry	74.1	-	3.6	1.8	4.9	6.3	1.5	*	18.6
Vanilla	74.7	-	3.2	1.8	5.0	6.8	1.0	*	17.8
Whey, acid or sweet, fluid	93.3	[0.0]	[0.0]	[0.0]	4.5	[0.0]	*	[0.0]	[4.5]
Yogurt, lowfat:									
Plain	87.9	1.4	[0.0]	[0.0]	3.7	[0.0]	[0.0]	[0.0]	5.1
Strawberry	75.3	1.0	3.4	2.6	3.3	4.4	0.7	*	15.3
EGGS--See FAST FOOD ENTREES									
Fast Food Entrees									
Cheeseburger sandwich (includes roll):									
Regular	46.0	-	1.9	2.0	0.2	0.1	1.0	-	5.1
Double	46.8	-	1.0	1.1	0.1	0.1	0.6	-	2.9
Eggs, scrambled	76.3	-	0.5	0.1	0.1	0.1	0.1	-	[0.9]
English muffin with egg, cheese, and canadian bacon	49.0	-	0.7	0.3	0.1	0.1	0.9	-	2.0
Fish sandwich (includes roll)	43.0	-	0.8	1.3	0.2	0.3	0.7	-	3.3
Hamburger sandwich (includes roll):									
Regular	46.0	-	1.7	1.8	0.2	0.1	0.9	-	4.6
4-oz patty	50.0	-	1.7	1.7	0.1	0.1	0.8	-	4.3
Fruits and Fruit Juices									
Apples, raw, unpeeled	83.9	[0.0]	2.3	7.6	[0.0]	3.3	0.1	-	[13.3]
Apple juice, canned, unsweetened	87.9	[0.0]	2.5	5.6	[0.0]	1.7	-	-	10.9
Applesauce, canned, sweetened	79.6	[0.0]	4.3	7.5	[0.0]	4.7	-	-	[16.5]
Apricots:									
Raw	86.4	[0.0]	1.6	0.7	[0.0]	5.2	1.0	-	9.3
Dried	31.1	[0.0]	20.3	12.2	[0.0]	6.4	-	-	[38.9]
Avocados, raw	72.6	[0.0]	0.5	0.2	[0.0]	0.1	0.0	0.1	[0.9]
Bananas, raw	74.3	[0.0]	4.2	2.7	[0.0]	6.5	0.0	0.1	15.6
Blackberries, raw	85.6	[0.0]	3.1	4.1	[0.0]	0.4	0.5	-	7.9
Blueberries, raw	84.6	[0.0]	3.5	3.6	[0.0]	0.2	-	-	[7.3]
Cantaloup, raw	89.8	[0.0]	1.2	1.8	[0.0]	5.4	0.0	0.3	[8.7]
Carambola, raw	90.9	[0.0]	3.1	3.2	[0.0]	0.8	-	-	[7.1]
Cherries, raw:									
Sour	86.1	[0.0]	4.3	3.3	[0.0]	0.5	0.0	-	[8.1]
Sweet	80.8	[0.0]	8.1	6.2	[0.0]	0.2	0.1	-	[14.6]
Cranberry juice cocktail, bottled	85.0	[0.0]	*	*	[0.0]	*	-	-	13.5
Currants, raw	82.0	[0.0]	3.3	3.7	[0.0]	1.0	0.0	-	[8.0]
Dates, dried	22.5	[0.0]	*	*	[0.0]	44.6	-	-	64.2
Figs:									
Raw	79.1	*	3.7	2.8	[0.0]	0.4	-	*	[6.9]
Dried	28.4	4.1	28.6	26.0	[0.0]	6.5	-	1.3	[66.5]

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Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Fruits and Fruit Juices—Con.									
Fruit cocktail, canned, solids and liquid, juice pack	87.4	-	6.0	6.0	[0.0]	3.3	-	-	[15.3]
Grapefruit, raw	90.9	[0.0]	1.3	1.2	[0.0]	3.4	-	-	6.2
Grapefruit juice:									
Raw	90.0	[0.0]	2.7	1.8	[0.0]	1.8	-	-	[6.3]
Canned, unsweetened	90.1	[0.0]	*	*	[0.0]	*	-	-	7.5
Grapes, raw:									
American	81.3	-	6.6	6.9	[0.0]	1.4	1.5	*	[16.4]
European	80.6	0.4	6.5	7.6	[0.0]	0.4	3.1	0.1	[18.1]
Grape juice, frozen concentrate, reconstituted	86.9	-	[3.6]	[4.4]	[0.0]	*	-	*	14.2
Guava, raw	86.1	[0.0]	1.2	1.9	[0.0]	1.0	*	-	6.0
Jackfruit, raw	73.2	[0.0]	1.4	1.4	[0.0]	5.4	-	-	18.4
Kiwifruit, without skin:									
Raw	83.0	[0.0]	5.0	4.4	[0.0]	1.1	-	-	[10.5]
Canned, in syrup	*	[0.0]	4.2	5.8	[0.0]	2.8	-	-	[12.8]
Lemons, raw, peeled	89.0	[0.0]	1.0	0.9	[0.0]	0.6	-	-	2.5
Lemon juice, raw	90.7	[0.0]	1.0	1.1	[0.0]	0.3	-	-	[2.4]
Limes, raw, peeled	88.3	[0.0]	0.2	0.2	[0.0]	0.0	0.0	-	0.4
Mangos, raw	81.7	[0.0]	0.7	2.9	[0.0]	9.9	0.0	*	14.8
Nectarines, raw	86.3	[0.0]	1.2	1.1	[0.0]	6.2	-	-	[8.5]
Oranges, raw	86.8	[0.0]	2.2	2.5	[0.0]	4.2	0.3	-	8.9
Orange juice:									
Raw	88.3	[0.0]	2.8	3.0	[0.0]	4.1	-	-	10.2
Canned, unsweetened or frozen concentrate, reconstituted	88.1	[0.0]	5.3	4.6	[0.0]	0.7	-	-	10.6
Papaya, raw	88.8	[0.0]	1.4	2.7	[0.0]	1.8	0.0	*	[5.9]
Passion fruit, raw	72.9	[0.0]	4.0	3.1	[0.0]	3.3	-	-	11.2
Peaches:									
Raw	87.7	[0.0]	1.1	1.3	[0.0]	5.6	0.7	-	[8.7]
Canned, solids and liquid, juice pack	87.5	[0.0]	6.5	5.9	[0.0]	3.6	1.4	*	[17.4]
Dried	31.8	[0.0]	15.8	15.6	[0.0]	13.2	-	-	[44.6]
Pears:									
Raw	83.8	[0.0]	1.9	6.4	[0.0]	1.8	0.4	*	[10.5]
Canned, solids and liquid:									
Water pack	91.8	[0.0]	1.9	3.9	[0.0]	0.3	-	-	6.1
Juice pack	86.5	[0.0]	3.3	5.8	[0.0]	0.6	-	-	9.7
Light syrup pack	84.5	[0.0]	4.8	5.1	[0.0]	1.1	1.1	-	12.1
Heavy syrup pack	80.4	[0.0]	6.1	5.9	[0.0]	1.4	1.9	-	15.2
Pear juice, raw	84.0	[0.0]	1.6	7.1	[0.0]	*	-	-	[8.7]
Pineapple:									
Raw	86.5	[0.0]	2.9	2.1	[0.0]	3.1	0.0	-	11.9
Canned, solids and liquid:									
Juice pack	83.5	[0.0]	7.7	6.5	[0.0]	0.0	-	-	[14.2]
Heavy syrup pack	79.0	[0.0]	7.5	7.2	[0.0]	2.2	-	-	[16.9]
Pineapple juice, canned, unsweetened	85.5	[0.0]	*	*	[0.0]	*	-	-	12.5
Plums, raw:									
Common	85.2	[0.0]	2.7	1.8	[0.0]	3.0	0.0	*	[7.5]
Prune	78.7	[0.0]	3.1	3.3	[0.0]	5.0	0.3	*	[11.7]
Pomegranates, raw	81.0	[0.0]	5.0	4.7	[0.0]	0.4	0.0	-	8.9
Prunes, dried	32.4	[0.0]	28.7	14.8	[0.0]	0.5	-	-	[44.0]
Prune juice, bottled	81.2	[0.0]	5.5	7.9	[0.0]	-	-	-	[13.4]
Raisins	15.4	[0.0]	31.2	33.8	[0.0]	0.0	-	-	[65.0]
Raspberries, raw	86.6	[0.0]	3.5	3.2	[0.0]	2.8	-	-	[9.5]
Rhubarb, raw	93.6	[0.0]	0.4	0.4	[0.0]	0.1	*	*	[0.9]
Strawberries:									
Raw	91.6	[0.0]	2.2	2.5	[0.0]	1.0	0.1	-	[5.7]
Frozen, unsweetened	90.0	[0.0]	3.0	3.0	[0.0]	0.5	-	-	[6.5]
Tangelos, raw	87.6	[0.0]	3.7	-	[0.0]	3.7	-	-	[7.4]
Watermelon, raw	91.5	[0.0]	1.6	3.3	[0.0]	3.6	0.5	0.0	[9.0]

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Grains and Cereals									
Amaranth, whole grain:									
Raw	9.5	[0.0]	0.4	0.1	[0.0]	1.2	0.2	*	[1.9]
Cooked	[2]83.6	[0.0]	[0.1]	[0.0]	[0.0]	[0.1]	*	*	[0.2]
Breakfast cereals:									
Hot type:									
Farina, quick and instant:									
Dry	10.4	[0.0]	*	*	[0.0]	0.4	*	0.2	[0.6]
Cooked	85.5	[0.0]	*	*	[0.0]	0.1	*	0.0	*
Farina, regular:									
Dry	10.7	[0.0]	*	*	[0.0]	0.2	*	0.1	[0.3]
Cooked	87.5	[0.0]	*	*	[0.0]	0.0	*	0.0	*
Oatmeal or rolled oats:									
Regular or quick:									
Dry	8.8	[0.0]	0.0	-	[0.0]	1.4	*	0.4	[1.8]
Cooked	85.3	[0.0]	0.0	-	[0.0]	0.4	*	0.0	[0.4]
Maple flavor:									
Dry	6.3	[0.0]	-	-	[0.0]	6.3	*	0.2	[6.5]
Cooked	74.3	[0.0]	-	-	[0.0]	3.0	*	0.0	[3.0]
Whole-wheat:									
Dry	6.5	[0.0]	-	0.2	[0.0]	0.6	*	0.3	[1.1]
Cooked	85.4	[0.0]	-	0.0	[0.0]	0.3	*	0.1	[0.4]
Ready-to-eat:									
Bran flakes	3.0	[0.0]	0.9	0.9	0.0	9.3	0.9	*	12.1
Bran flakes with raisins	8.5	[0.0]	7.3	8.2	0.0	10.1	0.0	*	26.6
Corn flakes	2.6	[0.0]	1.4	2.4	0.0	2.6	0.3	*	6.8
Corn flakes, sugar coated	2.0	[0.0]	1.0	1.0	0.0	37.6	0.0	*	39.6
Granola with raisins	3.0	[0.0]	4.7	4.7	0.9	17.0	0.0	*	27.4
Oat cereal	5.0	[0.0]	0.0	0.2	0.0	2.8	0.0	*	2.8
Rice, crispy	2.4	[0.0]	0.8	0.4	0.0	7.6	0.0	*	8.8
Rice, crispy, sugar coated	2.2	[0.0]	0.7	0.6	0.0	37.7	0.0	*	39.0
Rice, puffed	3.0	[0.0]	0.0	0.0	0.0	0.1	0.0	*	0.1
Wheat and malted barley, flakes	3.4	[0.0]	0.9	0.3	0.0	6.5	4.7	*	12.4
Wheat and malted barley, nuggets	3.2	[0.0]	0.8	3.1	0.0	0.0	5.2	*	9.1
Wheat bran	3.0	[0.0]	0.9	0.8	0.0	13.3	1.4	*	16.4
Wheat flakes	4.6	[0.0]	0.8	0.8	0.0	8.2	0.1	*	[9.9]
Wheat, puffed:									
Plain	3.0	[0.0]	0.3	0.5	0.0	0.6	0.0	*	1.4
Sugar coated	1.5	[0.0]	3.7	1.5	0.0	38.0	1.9	*	45.1
Sugar and honey coated	3.0	[0.0]	12.1	1.1	0.0	44.2	0.0	*	57.4
Wheat, shredded	5.3	[0.0]	0.1	0.0	0.0	0.3	0.0	*	0.4
Wheat, shredded, frosted	5.1	[0.0]	0.0	0.0	0.0	24.6	0.0	*	24.6
Buckwheat groats:									
Raw	8.2	[0.0]	*	*	[0.0]	1.7	-	0.9	[2.6]
Cooked	81.6	[0.0]	0.2	0.1	[0.0]	0.4	-	0.2	[0.9]
Cornstarch	12.0	[0.0]	*	*	[0.0]	*	*	*	*
Millet, proso:									
Raw	11.8	[0.0]	0.6	*	[0.0]	0.6	*	0.2	[1.4]
Cooked	74.8	[0.0]	*	*	[0.0]	0.1	*	*	*
Noodles, chow mein	0.5	[0.0]	*	0.2	[0.0]	0.4	0.5	0.4	[1.5]
Oat bran:									
Raw	8.5	[0.0]	0.1	*	[0.0]	2.0	*	*	2.6
Cooked	85.3	[0.0]	[0.0]	*	[0.0]	[0.3]	*	*	[0.4]
Oat flour	12.2	[0.0]	0.1	0.0	[0.0]	0.5	*	*	0.8
Pasta:									
Macaroni and spaghetti, enriched:									
Dry	9.7	[0.0]	0.8	0.8	[0.0]	0.8	1.0	*	[3.4]
Cooked	62.6	[0.0]	0.3	0.3	[0.0]	0.3	0.4	*	[1.3]

[2] Value from similar food.

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Grains and Cereals—Con.									
Pasta (con.)									
Macaroni and spaghetti,									
Whole-wheat:									
Dry	8.9	[0.0]	0.5	0.3	[0.0]	0.7	2.0	0.2	[3.7]
Cooked	67.8	[0.0]	[0.2]	[0.1]	[0.0]	0.1	0.3	0.1	[0.8]
Popcorn:									
Unpopped	11.4	[0.0]	*	*	[0.0]	0.3	*	0.2	*
Air-popped	3.8	[0.0]	*	*	[0.0]	0.4	*	0.2	*
Oil-popped	2.7	[0.0]	*	*	[0.0]	0.8	*	0.2	[1.0]
Rice:									
Bran	9.7	[0.0]	0.2	0.2	[0.0]	0.5	*	*	[0.9]
Brown:									
Raw	12.0	[0.0]	0.1	*	[0.0]	0.4	*	0.2	[0.7]
Cooked	70.3	[0.0]	0.0	*	[0.0]	0.2	*	0.0	*
Flour	10.0	[0.0]	*	*	[0.0]	0.8	*	0.2	[1.0]
White, enriched:									
Regular:									
Raw	12.0	[0.0]	0.2	*	[0.0]	0.2	0.1	*	[0.5]
Cooked	72.6	[0.0]	0.0	*	[0.0]	0.1	0.0	*	[0.2]
Parboiled:									
Raw	10.3	[0.0]	*	*	[0.0]	0.4	*	*	*
Cooked	73.4	[0.0]	*	*	[0.0]	0.3	*	*	*
Rye flour	11.0	[0.0]	0.5	0.3	[0.0]	*	2.6	1.2	[4.6]
Tortillas, corn	45.0	[0.0]	0.1	0.0	[0.0]	0.3	*	0.1	[0.5]
Wheat:									
Bran, crude	11.5	[0.0]	0.2	0.2	[0.0]	1.1	0.1	*	4.3
Flour:									
Semolina	11.7	[0.0]	0.3	*	[0.0]	1.5	*	*	[1.8]
White	12.0	0.0	0.6	0.3	[0.0]	0.4	0.0	*	1.7
Whole-wheat	12.0	[0.0]	*	*	[0.0]	0.3	0.1	*	2.0
Germ:									
Crude	11.5	[0.0]	*	*	[0.0]	7.4	0.1	4.7	[12.2]
Toasted	5.6	[0.0]	*	*	[0.0]	7.8	*	4.2	[12.0]
Grain:									
Raw	12.8	0.0	0.1	0.1	[0.0]	0.6	-	-	[0.8]
Cooked	[2]87.7	[0.0]	[0.0]	[0.0]	[0.0]	[0.2]	-	-	[0.2]
Wild rice:									
Raw	8.5	[0.0]	[0.9]	[0.9]	[0.0]	0.7	*	0.0	[2.5]
Cooked	78.5	[0.0]	0.2	0.2	[0.0]	0.3	*	0.0	[0.7]
Legumes[3]									
Adzuki beans:									
Raw	13.4	-	*	*	[0.0]	0.7	[0.0]	*	*
Cooked	66.3	-	*	*	[0.0]	[0.3]	[0.0]	*	*
Baked beans, canned with:									
Franks, in sweet sauce	69.3	-	1.1	0.9	*	2.1	-	0.5	[4.6]
Pork, in sweet sauce	70.7	-	1.6	1.4	[0.0]	4.3	[0.0]	1.0	[8.3]
Tomato sauce	73.5	-	1.5	0.8	[0.0]	2.6	0.2	0.6	[5.7]
Black-eyed peas:									
Raw	12.0	0.8	0.2	0.2	[0.0]	1.8	[0.0]	3.9	[6.9]
Cooked	70.0	[0.3]	0.0	0.0	[0.0]	1.1	[0.0]	1.9	[3.3]
Broadbeans:									
Raw	11.0	0.1	0.4	0.9	[0.0]	2.1	0.0	*	5.7
Cooked	71.5	[0.0]	[0.1]	[0.3]	[0.0]	0.3	[0.0]	*	[1.8]
Chickpeas:									
Raw	11.5	0.2	0.2	0.3	[0.0]	3.8	0.4	2.2	10.7
Cooked	60.2	[0.1]	[0.1]	[0.1]	[0.0]	1.2	0.2	1.0	[4.8]
Common beans:									
Raw	11.3	-	0.0	0.0	[0.0]	2.6	[0.0]	*	5.5
Cooked	64.6	-	[0.0]	[0.0]	[0.0]	0.5	[0.0]	*	[2.2]
Lentils:									
Raw	11.2	-	0.1	0.3	[0.0]	1.8	0.3	2.2	5.4
Cooked	69.6	-	[0.0]	0.1	[0.0]	0.5	0.0	0.9	[1.8]
Lima beans:									
Raw	10.2	-	*	0.6	[0.0]	1.4	[0.0]	*	8.5
Cooked	69.8	-	*	[0.2]	[0.0]	[0.5]	[0.0]	*	[2.9]

[2] Value from similar food.
[3] Mature seeds.

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Legumes[3]—Con.									
Lupins:									
Raw	10.4	-	*	[0.0]	[0.0]	1.9	[0.0]	*	8.6
Cooked	71.1	-	*	[0.0]	[0.0]	[0.6]	[0.0]	*	[2.8]
Mung beans:									
Raw	9.0	-	0.4	0.6	[0.0]	1.2	[0.0]	*	6.6
Cooked	72.7	-	[0.0]	[0.2]	0.0	[0.3]	[0.0]	*	[2.0]
Peanuts:									
Dried	6.5	-	0.2	0.0	[0.0]	3.8	[0.0]	0.5	4.3
Dry-roasted	1.6	-	0.2	[0.0]	[0.0]	3.7	0.3	0.4	4.6
Oil-roasted	2.0	-	0.0	[0.0]	[0.0]	3.7	0.0	*	*
Spanish:									
Dried	6.4	-	0.1	[0.0]	[0.0]	3.9	*	*	*
Dry-roasted	1.6	-	0.3	[0.0]	[0.0]	3.6	*	*	*
Peanut butter	1.4	-	1.2	0.0	0.0	6.6	0.0	*	[7.8]
Peanut flour, defatted	7.8	-	2.0	[0.0]	[0.0]	7.1	*	*	*
Peas, split:									
Raw	11.3	0.4	*	*	[0.0]	2.4	[0.0]	*	8.0
Cooked	69.5	[0.1]	*	*	[0.0]	[0.8]	[0.0]	*	[2.9]
Pigeonpeas:									
Raw	10.6	-	*	*	[0.0]	0.8	[0.0]	*	2.8
Cooked	68.6	-	*	*	[0.0]	0.3	[0.0]	*	[1.0]
Soybeans:									
Raw	8.5	0.0	0.2	0.5	[0.0]	4.2	[0.0]	0.6	7.2
Cooked	62.6	-	[0.1]	[0.2]	[0.0]	0.5	[0.0]	*	[3.0]
Kernels, oil-roasted	2.0	-	0.0	0.0	[0.0]	4.2	[0.0]	*	*
Soyflour, dehulled, defatted	7.2	7.6	8.1	*	[0.0]	7.3	[0.0]	2.0	[25.0]
Tofu, raw	84.6	-	0.0	0.0	[0.0]	0.0	0.0	0.4	[0.4]
Winged beans:									
Raw	8.3	-	*	*	[0.0]	5.5	[0.0]	*	7.0
Cooked	67.2	-	*	*	[0.0]	[2.0]	[0.0]	*	[2.5]
Meat and Poultry Products									
Beef, corned or smoked	59.8	-	0.1	-	-	0.6	-	-	[0.7]
Ham, smoked, cooked	64.6	-	1.0	-	-	0.0	-	-	[1.0]
Liver cheese, pork	53.6	-	1.9	-	-	0.0	-	-	[1.9]
Luncheon meat, loaf:									
Ham and cheese	57.9	*	1.1	-	*	0.0	-	-	[1.1]
Spiced beef and/or pork	49.3	-	3.0	-	-	0.3	-	-	[3.3]
Pastrami	46.7	-	0.2	-	-	0.7	-	-	[0.9]
Sausage:									
Bologna, beef	55.3	-	2.4	-	-	0.2	-	-	[2.6]
Frankfurter, beef and pork	53.9	-	2.0	-	-	0.0	-	-	[2.0]
New England, beef and pork	66.8	-	2.0	-	-	0.0	-	-	[2.0]
Pork, cooked:									
Commercial	44.6	-	2.3	-	-	0.3	-	-	[2.6]
Fast food	37.2	*	0.6	0.1	0.1	0.1	0.1	-	0.7
Salami, beef	58.1	-	1.2	-	-	0.0	-	-	[1.2]
Turkey, breast	68.4	-	-	-	-	0.2	-	-	[0.2]
Nuts and Seeds									
Almonds:									
Dried	5.4	[0.0]	-	-	[0.0]	5.0	0.2	0.8	5.6
Dry-roasted, unblanched	3.0	[0.0]	0.2	-	[0.0]	4.4	0.1	0.7	5.3
Oil-roasted, unblanched	3.1	[0.0]	0.1	-	[0.0]	5.1	-	-	5.2
Brazilnuts, oil-roasted	3.3	[0.0]	0.0	-	[0.0]	2.6	-	-	[2.6]
Cashew nuts, dried, dry- or oil-roasted	3.9	[0.0]	0.2	-	[0.0]	6.0	-	-	[6.2]
Chestnuts, European (Italian), raw	52.0	[0.0]	-	-	[0.0]	10.6	-	-	[10.6]

[3] Mature seeds.

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Nuts and Seeds—Con.									
Coconut:									
Raw	47.0	[0.0]	2.0	1.4	[0.0]	0.1	-	-	3.5
Dried, sweetened, flaked or shredded	15.6	[0.0]	0.6	0.2	[0.0]	*	-	-	34.4
Toasted, shredded	1.0	[0.0]	-	-	[0.0]	32.0	-	6.0	[38.0]
Cottonseed flour, defatted	6.3	[0.0]	-	-	[0.0]	2.3	-	-	[2.3]
Hazelnuts (filberts), unblanched:									
Dried	1.9	0.5	2.1	-	[0.0]	*	-	2.0	4.6
Dry-roasted	1.9	*	0.2	-	[0.0]	3.0	-	*	[3.2]
Oil-roasted	1.2	*	0.1	-	[0.0]	4.7	-	*	[4.8]
Macadamia nuts, oil-roasted	1.7	[0.0]	0.1	-	[0.0]	6.1	-	-	[6.2]
Mixed nuts, oil-roasted	3.2	[0.0]	0.0	-	0.0	4.0	0.0	-	[4.0]
Peanuts--See LEGUMES.									
Pecans:									
Dried	4.8	[0.0]	-	-	[0.0]	4.0	-	0.3	4.3
Dry- or oil-roasted	4.2	[0.0]	0.1	-	[0.0]	3.4	-	-	[3.5]
Pistachios, dried, shelled	3.9	[0.0]	0.2	0.1	[0.0]	1.3	0.1	*	6.6
Pumpkin seeds, kernels, dried	6.9	[0.0]	0.0	-	[0.0]	1.0	-	-	[1.0]
Safflower seeds, kernels, dried	5.6	0.1	*	-	[0.0]	1.3	-	-	1.4
Sesame flour, defatted	7.1	0.0	2.4	1.9	[0.0]	0.1	-	-	[4.4]
Sesame seeds:									
Dried	4.7	[0.0]	*	-	[0.0]	0.7	0.2	0.2	[1.1]
Dry-roasted	3.3	[0.0]	*	-	[0.0]	0.6	-	0.5	1.1
Sunflower flour, partially defatted	7.5	[0.0]	0.0	-	[0.0]	2.1	-	-	[2.7]
Sunflower seeds, kernels:									
Dried	5.4	[0.0]	-	-	[0.0]	2.5	-	0.7	3.3
Dry-roasted	1.2	[0.0]	0.0	-	[0.0]	2.4	-	1.3	3.7
Oil-roasted	2.6	[0.0]	0.1	-	[0.0]	3.3	-	2.4	5.8
Walnuts	3.7	[0.0]	0.0	-	[0.0]	2.1	-	-	[2.1]
Sugars and Sweets									
Candy:									
Cashew and honey bar	*	-	6.5	4.0	1.6	1.3	5.6	-	[19.0]
Chocolate:									
Dark, sweet	0.9	-	0.1	0.1	[0.0]	48.5	[0.0]	-	[48.7]
Semisweet	1.1	-	4.5	*	0.0	49.5	0.0	*	[55.0]
Chocolate, milk:									
Plain	0.9	0.1	0.2	0.1	7.4	46.8	0.0	-	52.1
With:									
Almonds	1.6	*	0.2	0.2	6.1	38.0	0.0	-	48.8
Crisped rice	1.7	*	0.3	0.2	6.5	43.2	-	-	[50.2]
Peanuts	1.0	*	*	*	*	52.5	-	-	*
Chocolate-covered:									
Caramel and rice cereal	3.3	-	*	*	*	*	*	*	51.7
Caramel log	5.6	-	*	*	*	17.0	*	*	*
Coconut center and almonds	11.7	-	*	*	*	20.0	*	*	*
Crunchy peanut butter candy	1.7	-	*	*	*	29.5	*	*	*
Crunchy peanut butter and almonds	*	-	*	*	*	35.6	*	*	*
Fudge, peanuts, and caramel	5.2	-	*	*	*	23.7	*	*	*
Malt nougat and caramel	6.4	-	*	*	*	28.2	*	*	*
Malted milk balls	3.3	-	*	*	*	14.3	*	*	*
Mint-flavored fondant, discs	[2]5.8	-	*	*	*	45.3	*	*	*

[2] Value from similar food.

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Sugars and Sweets—Con.									
Candy:									
Chocolate-covered (con.):									
Mint-flavored fondant, 1-1/2-in patty	5.8	-	*	*	*	79.6	*	*	*
Nougat	5.8	*	7.2	0.6	3.6	38.2	7.0	*	[61.4]
Nougat and caramel	6.4	-	*	*	*	26.8	*	*	*
Nougat, caramel, and almonds	4.5	-	*	*	*	36.4	*	*	*
Peanut butter nougat, caramel, and peanuts	5.3	-	6.4	0.5	4.3	27.4	6.2	0.3	[45.1]
Peanuts	1.0	*	*	*	1.2	34.2	-	-	*
Wafer cookie bar	4.0	*	*	*	4.9	38.8	-	-	43.6
Coconut bar	16.3	-	10.6	3.0	0.0	26.6	3.1	*	[43.3]
Confectioners' coatings:									
Carob	*	-	4.9	8.1	0.0	24.7	0.0	-	37.7
White chocolate	0.9	-	*	*	9.8	52.6	*	-	[62.4]
Fruit and honey bar	*	-	10.1	7.8	0.0	4.8	2.4	*	[25.1]
Hard candy	1.4	[0.0]	*	*	[0.0]	66.7	-	-	[66.7]
Jelly beans	6.3	[0.0]	*	*	[0.0]	59.0	-	-	*
Jelly mints	*	[0.0]	*	*	[0.0]	58.0	-	-	*
Licorice	6.4	[0.0]	*	*	[0.0]	19.5	-	-	*
Praline (chewy)	[2]7.8	-	*	*	-	26.2	-	-	*
Salted nut bar (peanuts, caramel, and vanilla fudge)	*	-	*	*	-	33.2	-	-	*
Sugar-coated chocolate and peanut discs	1.5	*	*	*	4.1	43.2	-	0.0	[47.3]
Sugar-coated chocolate discs	1.5	*	*	*	3.7	51.5	-	-	[57.8]
Sunflower and honey bar	*	-	6.1	4.3	1.4	1.3	7.2	-	[20.3]
Sunflower candy bar	*	-	0.5	2.3	0.0	14.5	2.1	-	[19.4]
Taffy, fruit-flavored	10.0	-	11.7	3.6	-	37.5	7.1	6.1	66.0
Toffee	*	-	6.7	5.2	2.6	40.9	-	-	[55.4]
Caramel popcorn	2.8	-	2.6	0.7	-	34.0	1.0	0.9	39.3
Chewing gum	3.5	[0.0]	-	-	-	68.6	[0.0]	[0.0]	[68.6]
Sugarless	3.5	[0.0]	[0.0]	[0.0]	[0.0]	0.0	[0.0]	[0.0]	[0.0]
Chocolate, baking--See MISCELLANEOUS.									
Frosting, canned:									
Chocolate	17.4	-	3.7	2.1	5.3	43.0	1.6	*	55.7
Other flavors	17.3	-	1.4	0.7	0.0	67.8	1.2	*	[71.1]
Gelatin, flavored mix, sweetened, prepared:									
Orange	84.2	[0.0]	5.0	*	[0.0]	7.8	-	*	[12.8]
Raspberry	84.2	[0.0]	5.4	*	[0.0]	3.3	-	-	[8.7]
Strawberry	84.2	[0.0]	0.8	*	[0.0]	1.8	-	-	[2.6]
Honey	17.0	[0.0]	33.8	42.4	[0.0]	1.5	4.2	-	[81.9]
Molasses:									
Blackstrap	24.0	[0.0]	7.4	7.9	[0.0]	26.9	-	0.6	42.8
Regular	24.0	[0.0]	11.2	12.9	[0.0]	34.7	-	1.1	[59.9]
Puddings:									
Canned:									
Banana	68.8	-	*	*	*	11.7	-	-	*
Butterscotch	68.8	-	*	*	*	15.4	-	-	*
Chocolate	68.2	-	*	*	*	13.3	-	-	*
Chocolate fudge	[2]68.2	-	*	*	*	14.3	-	-	*
Rice	73.5	-	*	*	*	10.3	-	-	*
Tapioca	74.0	-	*	*	*	7.6	-	-	*
Vanilla	69.0	-	*	*	*	14.7	-	-	*
Chilled, coconut cream	72.0	-	*	*	*	11.4	-	-	*
Sugar:									
Brown	2.1	[0.0]	5.2	0.4	[0.0]	84.3	-	-	[89.9]
Granulated	0.5	[0.0]	-	-	[0.0]	96.8	-	-	96.8
Powdered	0.5	[0.0]	-	-	[0.0]	93.0	-	-	93.0

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Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Sugars and Sweets—Con.									
Sundae, fast food:									
Caramel	56.5	-	5.0	0.8	5.4	11.8	2.2	-	25.0
Hot fudge	59.7	-	1.5	0.5	5.7	17.0	0.4	-	25.4
Strawberry	61.6	-	6.2	3.4	4.5	12.5	-	-	27.2
Syrup:									
Chocolate	37.0	-	12.7	7.6	5.0	30.5	4.5	7.3	51.8
Corn:									
Dark	21.2	-	14.9	1.2	[0.0]	2.2	9.8	8.9	[37.0]
High-fructose	23.9	-	36.5	37.4	[0.0]	0.7	*	*	[74.3]
Light	20.8	-	20.6	2.2	[0.0]	*	15.0	13.3	[51.1]
Maple	25.0	[0.0]	2.3	0.9	[0.0]	59.1	-	-	[62.3]
Pancake	22.1	[0.0]	19.7	5.0	[0.0]	12.0	11.3	6.5	[54.5]
Sorghum	23.0	[0.0]	*	*	[0.0]	33.5	*	*	65.8
Sugar, caramelized	13.1	[0.0]	31.8	-	[0.0]	11.9	1.9	-	[45.6]
Topping, dessert:									
Butterscotch	25.6	-	*	-	1.2	*	-	-	*
Chocolate	25.4	-	*	-	2.9	*	-	-	*
Vegetables									
Alfalfa seeds, sprouted, raw	91.1	[0.0]	0.1	0.2	[0.0]	*	*	0.1	*
Artichokes:									
Raw	84.4	[0.0]	1.5	0.6	[0.0]	0.1	*	*	2.0
Cooked	86.5	[0.0]	0.8	0.0	[0.0]	0.3	*	*	1.1
Asparagus:									
Raw	92.3	[0.0]	0.9	1.3	[0.0]	0.2	*	*	2.1
Cooked	92.0	[0.0]	0.6	0.8	[0.0]	0.2	*	*	1.6
Balsam-pear, raw	89.3	[0.0]	*	*	[0.0]	*	*	*	0.8
Beans, snap:									
Raw	90.3	[0.0]	0.9	1.2	[0.0]	0.2	0.3	0.3	2.6
Cooked	89.2	0.0	0.8	1.0	0.0	0.3	0.2	0.2	1.9
Canned, drained solids	93.3	[0.0]	0.6	0.5	[0.0]	0.2	0.1	0.2	[1.6]
Frozen	89.9	[0.0]	0.9	1.0	0.0	0.3	0.2	0.1	[2.5]
Frozen, cooked	91.9	[0.0]	0.9	1.1	[0.0]	0.3	0.2	0.1	[2.6]
Beets, raw	87.3	[0.0]	0.2	0.2	[0.0]	6.1	*	*	5.9
Borage, raw	93.0	[0.0]	*	*	[0.0]	*	*	*	0.9
Broadbeans, immature seeds:									
Raw	81.0	[0.0]	0.2	0.2	[0.0]	0.2	0.1	*	1.8
Cooked	83.7	[0.0]	0.1	0.0	[0.0]	0.2	0.1	*	0.5
Broccoli, raw	90.7	[0.0]	0.6	0.7	[0.0]	0.3	*	0.4	[2.0]
Brussels sprouts:									
Raw	86.0	[0.0]	0.7	0.8	[0.0]	0.4	*	*	2.2
Cooked	87.3	[0.0]	*	*	[0.0]	*	*	*	*
Cabbage, chinese, raw:									
Pak-choi	95.6	[0.0]	*	*	[0.0]	*	*	*	1.0
Pe-tsai	94.4	[0.0]	0.8	0.6	[0.0]	*	*	*	1.3
Cabbage, common:									
Raw	92.5	[0.0]	1.2	0.8	[0.0]	0.5	*	*	3.6
Cooked	93.6	[0.0]	*	*	[0.0]	*	*	*	*
Cabbage, red:									
Raw	91.6	[0.0]	2.4	2.3	[0.0]	0.5	*	*	5.4
Cooked	93.6	[0.0]	1.2	1.0	[0.0]	0.5	*	*	2.8
Cabbage, savoy, raw	91.0	[0.0]	*	*	[0.0]	*	*	*	2.9
Cardoon, raw	94.0	[0.0]	*	*	[0.0]	*	*	*	1.7
Carrots:									
Raw	87.8	[0.0]	1.0	1.0	[0.0]	3.6	*	0.5	6.6
Cooked	87.4	[0.0]	1.1	1.0	[0.0]	2.8	*	0.2	4.1
Canned, drained solids	93.0	[0.0]	0.8	0.6	[0.0]	1.8	*	0.1	[3.2]
Frozen	89.0	[0.0]	0.9	0.8	[0.0]	2.9	0.2	0.2	[5.0]
Frozen, cooked	89.9	[0.0]	0.9	0.7	[0.0]	2.8	0.0	0.1	[4.5]
Cassava root, raw	68.5	[0.0]	0.1	0.1	[0.0]	0.9	0.0	*	1.2
Cauliflower, raw	92.3	[0.0]	0.9	0.8	[0.0]	0.5	*	0.1	2.4
Celeriac, raw	88.0	[0.0]	*	*	[0.0]	*	*	*	2.0
Celery, raw	94.7	[0.0]	0.5	0.4	[0.0]	0.2	*	0.1	1.0

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Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Vegetables—Con.									
Celtuce, raw	94.5	[0.0]	*	*	[0.0]	*	*	*	1.7
Chard, swiss:									
Raw	92.7	[0.0]	0.4	0.2	[0.0]	0.0	*	*	1.1
Cooked	92.7	[0.0]	0.2	0.2	[0.0]	0.0	*	*	0.4
Chicory greens, raw	92.0	[0.0]	*	*	[0.0]	[0.0]	*	*	0.9
Chicory roots, raw	80.0	[0.0]	0.1	0.1	[0.0]	0.9	*	*	2.4
Chives, raw	92.0	[0.0]	0.4	0.3	[0.0]	0.3	*	*	1.0
Chrysanthemum, garland, raw	92.6	[0.0]	0.2	0.1	[0.0]	0.0	*	*	[0.3]
Corn, sweet:									
Raw	76.0	[0.0]	0.8	0.6	[0.0]	3.4	0.6	0.4	[5.8]
Cooked	69.6	[0.0]	0.5	0.3	[0.0]	1.5	0.2	0.1	[2.6]
Canned, drained solids	76.9	[0.0]	0.2	0.2	[0.0]	2.4	0.0	0.0	[2.8]
Frozen	74.9	[0.0]	0.5	0.4	[0.0]	1.3	0.3	0.1	[2.6]
Frozen, cooked	75.8	[0.0]	0.4	0.2	[0.0]	1.2	*	*	[1.8]
Cowpeas, immature seeds, raw	66.8	[0.0]	*	*	[0.0]	*	*	*	3.0
Cucumber, raw	96.0	[0.0]	1.0	0.9	[0.0]	0.0	0.0	0.1	2.3
Dandelion greens, raw	85.6	[0.0]	0.5	0.4	[0.0]	1.5	*	*	[2.4]
Eggplant:									
Raw	91.9	[0.0]	1.6	1.5	[0.0]	0.2	*	*	3.4
Fried, unbreaded	44.2	[0.0]	1.7	1.9	[0.0]	0.3	*	*	4.0
Endive, escarole, raw	93.8	[0.0]	0.2	0.2	[0.0]	0.1	*	*	1.2
Garlic, raw	58.6	[0.0]	*	*	[0.0]	*	*	*	1.0
Horseradish, raw	74.6	[0.0]	*	*	[0.0]	*	*	*	1.8
Jerusalem artichokes, raw:									
Freshly harvested	80.5	[0.0]	0.0	0.2	[0.0]	2.3	0.0	*	2.5
Stored	70.4	[0.0]	0.6	0.8	[0.0]	7.5	0.7	*	9.6
Kale, raw	84.5	[0.0]	0.3	0.2	[0.0]	*	*	*	2.2
Kohlrabi, raw	91.0	[0.0]	1.3	1.2	[0.0]	0.6	*	*	4.5
Leeks:									
Raw	83.0	[0.0]	1.1	1.5	[0.0]	1.0	*	*	3.9
Cooked	90.1	[0.0]	0.4	0.3	[0.0]	0.3	*	*	1.0
Lettuce, cos (romaine), raw	94.9	[0.0]	*	*	[0.0]	*	*	*	2.0
Lettuce, iceberg, raw	95.9	[0.0]	0.7	0.8	[0.0]	0.1	*	0.0	1.8
Mung beans, sprouted, raw	90.4	[0.0]	0.9	1.1	[0.0]	0.1	0.0	0.3	2.1
Mushrooms, raw	91.8	[0.0]	0.7	0.4	[0.0]	*	*	0.3	*
Mustard greens, raw	90.8	[0.0]	0.4	0.3	[0.0]	0.0	*	*	0.8
Okra, raw	89.6	[0.0]	0.8	1.0	[0.0]	0.8	*	*	2.4
Onions, mature, raw	90.8	[0.0]	2.4	0.9	[0.0]	1.3	*	*	6.2
Onions, spring, raw	91.9	[0.0]	2.7	*	[0.0]	0.5	*	*	3.2
Parsley, raw	88.3	[0.0]	0.1	*	[0.0]	0.2	*	*	1.1
Parsnips, raw	79.5	[0.0]	0.2	0.1	[0.0]	2.6	*	*	4.8
Peas, edible-podded, raw	88.9	[0.0]	*	*	[0.0]	*	*	*	4.0
Peas, sweet:									
Raw	78.9	[0.0]	0.0	0.0	[0.0]	4.3	0.1	0.4	5.6
Cooked	77.9	[0.0]	0.2	0.1	[0.0]	4.8	0.2	0.5	[5.8]
Canned, drained solids	81.7	[0.0]	0.0	0.0	[0.0]	3.1	0.1	0.3	[3.5]
Frozen	79.9	[0.0]	0.1	0.1	[0.0]	4.4	0.2	0.5	[5.3]
Frozen, cooked	79.5	[0.0]	*	0.1	[0.0]	4.7	0.2	0.5	[5.5]
Peppers, chili, raw	87.7	[0.0]	*	*	[0.0]	*	*	*	5.3
Peppers, sweet, green, raw	92.8	[0.0]	1.2	1.1	[0.0]	0.1	*	0.0	2.5
Potatoes:									
Baked:									
Flesh	75.4	[0.0]	0.4	0.4	[0.0]	0.2	*	0.7	[1.7]
Flesh and skin	71.2	[0.0]	[0.4]	[0.4]	[0.0]	[0.3]	*	[0.6]	[1.6]
Skin	47.3	[0.0]	0.4	0.4	[0.0]	0.5	*	0.1	[1.4]
French-fried	38.0	[0.0]	0.1	0.2	0.0	0.2	0.0	*	0.5
Hashed-brown	61.6	[0.0]	0.1	0.0	0.0	0.1	0.0	*	0.1
Pumpkin:									
Raw	91.6	[0.0]	1.7	1.4	[0.0]	1.3	*	*	[4.4]
Cooked, mashed	93.7	[0.0]	1.3	1.0	[0.0]	1.0	*	*	[3.3]

Table 1. Sugar Content of Selected Foods, 100 Grams, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Moisture	Monosaccharides			Disaccharides			Other sugars	Total sugars
		Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
	percent	grams							
Vegetables—Con.									
Radishes, chinese, raw	94.6	[0.0]	*	*	[0.0]	*	*	*	2.5
Radishes, common, raw	94.8	[0.0]	1.2	0.6	[0.0]	0.5	*	0.1	2.7
Radishes, icicle, raw	95.4	[0.0]	*	*	[0.0]	*	*	*	2.5
Rutabaga, raw	89.7	[0.0]	3.2	1.4	[0.0]	0.8	*	*	5.6
Salsify, raw	77.0	[0.0]	*	*	[0.0]	*	*	*	2.9
Salsify, black, raw	[2]77.0	[0.0]	0.0	0.1	[0.0]	1.0	*	*	[1.1]
Shallots, raw	79.8	[0.0]	0.4	0.3	[0.0]	2.5	*	*	3.2
Spinach:									
Raw	91.6	[0.0]	0.1	0.1	[0.0]	0.1	*	0.0	0.4
Cooked	91.2	[0.0]	0.0	0.0	[0.0]	0.0	*	*	0.0
Squash, raw	93.7	[0.0]	0.9	0.9	[0.0]	0.2	*	*	2.2
Sweetpotatoes:									
Raw	72.8	[0.0]	0.5	0.3	[0.0]	2.8	*	*	5.7
Baked	72.8	[0.0]	*	*	[0.0]	*	*	*	11.3
Canned, vacuum pack	76.0	[0.0]	*	*	[0.0]	*	*	*	15.4
Taro, raw	70.6	[0.0]	*	*	[0.0]	*	*	*	0.8
Tomatoes:									
Raw	94.0	[0.0]	1.1	1.4	[0.0]	0.0	*	0.5	2.8
Cooked	92.4	[0.0]	1.3	1.5	[0.0]	0.0	*	0.4	[3.2]
Canned, solids and liquid	93.7	[0.0]	1.0	1.2	[0.0]	0.0	*	0.3	[2.5]
Tomato catsup--See MISCELLANEOUS.									
Tomato juice, canned	93.9	[0.0]	1.4	1.9	0.0	0.0	0.0	*	[3.3]
Tomato products, canned:									
Paste	74.1	[0.0]	1.1	1.3	[0.0]	0.0	*	*	[2.4]
Puree	87.3	[0.0]	2.9	3.4	[0.0]	*	*	*	*
Sauce	89.1	[0.0]	2.0	1.8	[0.0]	*	*	*	*
Turnips:									
Raw	91.9	[0.0]	2.9	*	[0.0]	0.8	*	*	3.8
Cooked	93.6	[0.0]	*	*	[0.0]	*	*	*	*
Turnip greens:									
Raw	91.1	[0.0]	1.0	0.8	[0.0]	0.2	*	*	1.0
Cooked	93.2	[0.0]	0.1	0.0	[0.0]	0.0	*	*	0.1
Vegetable juice, canned	93.5	[0.0]	1.3	1.9	0.0	0.2	0.0	*	3.3
Waterchestnuts, raw	73.5	[0.0]	*	*	[0.0]	*	*	*	4.8
Watercress, raw	95.1	[0.0]	0.4	0.1	[0.0]	0.2	*	*	0.2
Waxgourd, raw	96.1	[0.0]	0.5	0.5	[0.0]	0.0	*	*	[1.0]
Yams:									
Raw	69.6	[0.0]	0.0	0.0	[0.0]	0.4	0.0	*	0.5
Cooked	70.1	[0.0]	0.0	0.0	[0.0]	[0.4]	[0.0]	*	[0.5]
Miscellaneous									
Carob powder, sweetened	3.3	[0.0]	9.3	[0.0]	[0.0]	25.5	-	-	[34.8]
Chocolate, baking	2.3	-	0.0	0.4	*	0.2	*	*	[0.6]
Cocoa, powder:									
Natural	3.0	-	0.0	0.6	*	0.3	*	*	*
Dutch	3.0	-	0.1	0.8	*	0.3	*	*	*
Dressing:									
Caesar	[2]35.0	[0.0]	1.2	0.4	0.0	0.6	0.6	-	2.8
Cole slaw	40.0	[0.0]	4.5	3.7	0.0	13.2	0.0	-	21.4
French, low-calorie	75.0	[0.0]	7.7	6.6	0.0	5.2	0.0	-	19.6
Russian	46.0	[0.0]	17.2	2.1	0.0	6.2	5.7	-	31.2
Russian, low-calorie	69.0	[0.0]	15.7	12.0	0.0	0.0	0.0	-	27.7
Sandwich spread	40.0	[0.0]	4.4	4.0	0.0	8.1	0.0	-	16.4
Steak sauce	[2]69.0	[0.0]	6.6	3.5	0.0	1.7	1.0	-	12.7
Tomato catsup	69.0	[0.0]	7.5	3.6	[0.0]	*	*	*	[11.1]

[2] Value from similar food.

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Baked Products										
Biscuit mix:										
Dry	1 cup	128	[0.0]	3.8	*	1.7	1.7	*	*	[7.2]
Prepared with water	1 biscuit	28	[0.0]	[0.7]	*	[0.3]	[0.3]	*	*	[1.3]
Breads:										
White	1 slice	25	[0.0]	0.4	0.4	*	*	0.1	*	1.0
Toasted	1 slice	22	[0.0]	0.4	0.4	*	*	[0.1]	*	1.0
Whole-wheat	1 slice	28	[0.0]	[0.4]	0.6	*	*	0.1	*	1.1
Toasted	1 slice	25	[0.0]	0.4	0.6	*	*	0.1	*	1.1
Breakfast bar, meal replacement	1 bar	43	[0.0]	2.8	1.3	0.4	12.5	0.8	*	17.8
Cakes:										
Fruit, 7 inch diam.	1/12 cake	113	[0.0]	12.8	12.8	0.0	23.2	0.0	*	48.7
Sponge, jam-filled	1 cake	32	[0.0]	2.6	1.2	0.0	11.4	0.0	*	15.3
Cookies:										
Animal crackers	10 cookies	26	[0.0]	0.5	0.3	0.0	5.1	0.1	*	5.9
Chocolate chip, 1-1/2 inch diam	10 cookies	44	[0.0]	0.3	0.1	0.8	9.8	0.0	*	11.0
Wafer, chocolate	1 cookie	7	[0.0]	0.0	0.1	*	2.6	0.1	*	2.8
Crackers, rye	1 medium	7	[0.0]	*	0.1	0.0	0.1	*	*	0.2
Doughnuts, cake-type	1 doughnut	50	[0.0]	1.6	*	0.9	6.0	*	*	[8.5]
English muffin, toasted, buttered	1 muffin	63	[0.0]	0.6	0.2	0.1	0.0	1.3	*	2.4
Granola bar, plain, crunchy	1 bar	23	[0.0]	0.3	0.3	[0.0]	4.0	*	*	[4.5]
Pies:										
Baked, fruit	1/6 pie	149	[0.0]	8.5	4.2	0.0	32.1	1.3	*	46.1
Fried:										
Apple	1 pie	85	[0.0]	1.7	2.0	0.2	5.2	0.7	*	9.8
Cherry	1 pie	88	[0.0]	5.1	4.6	0.0	*	0.7	*	10.4
Rolls, hamburger	1 roll	40	[0.0]	2.6	*	0.4	*	*	*	[3.0]
Beverages[1]										
Beer:										
Light	12 fl oz	354	[0.0]	2.1	*	[0.0]	*	0.4	0.0	*
Regular	12 fl oz	356	[0.0]	0.4	0.7	[0.0]	*	0.4	0.0	*
Beer cooler	12 fl oz	367	[0.0]	11.0	14.3	[0.0]	0.0	-	-	[25.3]
Brandy, cherry	1-1/2 fl oz	42	[0.0]	6.9	6.8	[0.0]	0.0	-	-	13.7
Carbonated beverages:										
Cola	12 fl oz	370	[0.0]	14.8	16.3	[0.0]	7.8	0.4	0.0	39.2
Diet, all flavors	12 fl oz	355	[0.0]	0.0	0.0	[0.0]	0.0	-	[0.0]	0.0
Ginger ale	12 fl oz	366	[0.0]	11.3	13.5	[0.0]	7.0	-	-	[31.8]
Lemon-lime	12 fl oz	368	[0.0]	15.1	22.4	[0.0]	*	-	-	[37.5]
Pepper-type	12 fl oz	368	[0.0]	19.5	16.2	[0.0]	0.7	-	0.0	36.4
Root beer	12 fl oz	370	[0.0]	11.8	11.8	0.0	20.7	-	-	44.0
Chocolate malted flavor mix:										
Dry	4-5 heaping tsp	21	-	*	0.9	1.2	0.7	5.8	-	[8.5]
Prepared with 8 fl oz milk	8 fl oz	265	-	*	0.8	10.9	0.5	5.8	-	18.0
Coffee, flavored:										
Capuccino, dry	3 rounded tsp	21	-	0.3	-	-	10.3	0.1	-	[10.7]
Prepared with 8 fl oz water	8 fl oz	256	-	[0.3]	-	-	[9.2]	[0.0]	-	[9.5]
Mocha, dry	3 rounded tsp	18	-	0.3	-	0.3	7.4	0.2	-	[8.1]
Prepared with 8 fl oz water	8 fl oz	251	-	[0.3]	-	[0.3]	[5.8]	[0.3]	-	[6.5]
Fruit drinks:										
Cherry, canned	8 fl oz	251	[0.0]	13.1	10.3	0.0	2.0	1.3	-	26.9
Citrus, frozen concentrate, prepared	8 fl oz	248	[0.0]	*	*	[0.0]	*	-	-	26.3

[1] Prepared with water unless specified otherwise.

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Beverages[1]—Con.										
Fruit drinks (con.):										
Lemonade:										
Dry mix	1 oz	28	[0.0]	0.0	0.0	[0.0]	14.6	-	-	[14.6]
Prepared with 8 fl oz water	8 fl oz	264	[0.0]	[0.0]	[0.0]	[0.0]	[14.5]	-	-	[14.5]
Dry mix with aspartame	0.42 oz	12	[0.0]	0.0	0.0	[0.0]	0.0	-	-	[0.0]
Prepared with 8 fl oz water	8 fl oz	238	[0.0]	[0.0]	[0.0]	[0.0]	[0.0]	-	-	[0.0]
Frozen concentrate	6-oz can	219	[0.0]	45.6	34.6	[0.0]	10.7	-	-	[90.9]
Prepared	8 fl oz	248	[0.0]	[11.4]	[8.7]	[0.0]	[2.7]	-	-	[22.8]
Orange, breakfast type:										
Dry mix	2/3 cup	128	[0.0]	10.2	9.5	[0.0]	96.0	-	-	[115.7]
Prepared	4 tsp and 8 fl oz water	248	[0.0]	[2.5]	[2.2]	[0.0]	[22.1]	-	-	[26.8]
Frozen concentrate	12 fl oz	430	[0.0]	46.4	28.4	[0.0]	62.8	12.0	-	[149.6]
Prepared	8 fl oz	249	[0.0]	[7.7]	[4.7]	[0.0]	[10.5]	[2.0]	-	[24.9]
Orange, canned	8 fl oz	248	0.0	0.0	0.0	0.0	17.9	0.0	-	17.9
Punch:										
Canned	8 fl oz	248	[0.0]	8.4	9.2	[0.0]	9.2	0.0	-	28.0
Dry mix	1 oz	28	[0.0]	0.8	0.0	[0.0]	16.0	-	-	[16.8]
Prepared	2 tbsp and 8 fl oz water	262	[0.0]	10.7	11.0	[0.0]	8.9	-	-	30.4
Frozen concentrate	12 fl oz	418	[0.0]	42.6	33.0	[0.0]	75.7	-	-	151.3
Prepared	8 fl oz	247	[0.0]	[7.2]	[5.4]	[0.0]	[12.6]	-	-	[25.2]
Liqueur:										
Coffee	1-1/2 fl oz	52	[0.0]	1.9	1.9	[0.0]	15.5	0.9	0.1	[20.3]
Coffee with cream	1-1/2 fl oz	47	*	*	*	*	8.1	*	*	*
Orange	1-1/2 fl oz	50	[0.0]	0.6	0.0	[0.0]	13.6	-	*	[14.2]
Rum	1-1/2 fl oz	42	[0.0]	-	[0.0]	[0.0]	-	-	-	0.0
Sherry, medium, dry	2 fl oz	59	[0.0]	1.1	1.1	[0.0]	0.0	-	-	2.1
Tea, brewed:										
Black	8 fl oz	240	[0.0]	[0.0]	[0.0]	[0.0]	[0.0]	-	-	0.0
Herbal	8 fl oz	240	[0.0]	-	-	[0.0]	-	-	-	0.0
Thirst-quencher drink, canned	8 fl oz	241	[0.0]	5.8	5.1	[0.0]	3.4	-	-	14.2
Vermouth:										
Dry	1 fl oz	28	[0.0]	0.5	0.6	[0.0]	0.4	-	-	1.5
Sweet	1 fl oz	30	[0.0]	1.8	1.8	[0.0]	1.1	-	-	4.8
Vodka	1-1/2 fl oz	42	[0.0]	-	-	[0.0]	-	-	-	0.0
Whiskey sour, mix, without alcohol:										
Dry	1 packet	17	[0.0]	0.2	0.0	[0.0]	12.1	0.0	-	[12.3]
Liquid	1 fl oz	32	[0.0]	2.5	2.6	[0.0]	1.2	0.7	-	[7.1]
Wine:										
Red	3-1/2 fl oz	103	[0.0]	0.1	*	[0.0]	-	-	-	*
Rose	3-1/2 fl oz	103	[0.0]	0.8	1.8	[0.0]	0.0	-	-	2.6
White	3-1/2 fl oz	103	[0.0]	0.4	0.3	[0.0]	0.0	-	-	0.6
Wine cooler	12 fl oz	355	[0.0]	13.1	12.8	[0.0]	9.6	-	-	[35.5]
Wine without alcohol	3-1/2 fl oz	104	[0.0]	1.9	2.0	[0.0]	0.0	-	-	[3.9]
Dairy Products										
Cheese:										
Natural:										
Cheddar	1 oz	28	0.2	0.0	[0.0]	0.2	[0.0]	-	0.1	[0.5]
Cottage:										
Creamed (4% fat)	1 cup	225	-	-	[0.0]	1.4	[0.0]	-	[0.0]	[1.4]
Lowfat (less than 0.5% fat)	1 cup	145	-	-	[0.0]	4.6	[0.0]	-	[0.0]	[4.6]

[1] Prepared with water unless specified otherwise.

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Dairy Products—Con.										
Cheese:										
Natural (con.):										
Cream	1 oz	28	-	-	[0.0]	0.5	[0.0]	-	[0.0]	[0.5]
Mozzarella	1 oz	28	-	-	[0.0]	0.1	[0.0]	-	[0.0]	[0.1]
Neufchatel	1 oz	28	-	-	[0.0]	0.3	[0.0]	-	[0.0]	[0.3]
Ricotta, made with:										
Whole milk	1 cup	246	-	-	[0.0]	3.7	[0.0]	-	[0.0]	[3.7]
Skim milk	1 cup	246	-	-	[0.0]	3.4	[0.0]	-	[0.0]	[3.4]
Swiss	1 oz	28	-	0.1	[0.0]	*	0.1	-	*	[0.2]
Pasteurized process cheese food, American	1 oz	28	[0.0]	0.0	[0.0]	2.7	0.0	-	-	[2.7]
Cream, whipping, unwhipped	1 cup	238	-	-	-	6.7	-	-	-	[6.7]
Ice cream:										
Chocolate	1 cup	133	-	*	*	8.8	*	*	*	[28.7]
Coffee	1 cup	133	-	*	*	9.2	*	*	*	[29.1]
Strawberry	1 cup	133	-	*	*	4.3	*	*	*	[24.2]
Vanilla	1 cup	133	-	*	*	9.8	*	*	*	[29.8]
Mix, dry	1/2 cup	116	-	2.3	1.2	7.2	10.3	*	*	[21.0]
Ice milk (soft serve) fast food, with cone:										
Cake cone	1 cup	115	[0.0]	1.0	0.1	6.6	11.5	0.8	*	20.0
Sugar cone	1 cup	93	[0.0]	0.9	0.4	4.7	11.2	0.6	*	17.8
Milk:										
Fluid:										
Whole (3.4% fat)	8 fl oz	244	[0.0]	[0.0]	[0.0]	12.0	[0.0]	[0.0]	*	12.2
Skim	8 fl oz	245	[0.0]	[0.0]	[0.0]	10.8	[0.0]	[0.0]	[0.0]	[10.8]
Acidophilus	8 fl oz	227	1.6	[0.0]	[0.0]	5.9	[0.0]	[0.0]	[0.0]	[7.5]
Buttermilk	8 fl oz	245	0.5	[0.0]	[0.0]	9.1	[0.0]	[0.0]	[0.0]	11.8
Dry:										
Whole	1/4 cup	32	-	-	[0.0]	11.5	-	-	-	[11.5]
Nonfat	1/4 cup	30	-	-	[0.0]	15.1	-	-	-	[15.1]
Shakes, fast food:										
Chocolate	10 fl oz	291	-	10.5	4.7	14.0	19.5	2.6	*	51.2
Strawberry	10 fl oz	290	-	10.4	5.2	14.2	19.7	4.4	*	53.9
Vanilla	10 fl oz	291	-	9.3	5.2	14.6	19.8	2.9	*	51.8
Whey, acid or sweet, fluid	1 cup	246	[0.0]	[0.0]	[0.0]	11.1	[0.0]	*	[0.0]	[11.1]
Yogurt, lowfat:										
Plain	8 oz	227	3.2	[0.0]	[0.0]	8.4	[0.0]	[0.0]	[0.0]	11.6
Strawberry	8 oz	227	2.3	7.7	5.9	7.5	10.0	1.6	*	34.7
Fast Food Entrees										
Cheeseburger sandwich (includes roll):										
Regular	1 sandwich	115	-	2.2	2.3	0.2	0.1	1.2	-	5.9
Double	1 sandwich	194	-	1.9	2.1	0.2	0.2	1.2	-	5.6
Eggs, scrambled	1 serving	98	-	0.5	0.1	0.1	0.1	0.1	-	[0.9]
English muffin with egg, cheese, and canadian bacon	1 sandwich	138	-	1.0	0.4	0.1	0.1	1.2	-	2.8
Fish sandwich (includes roll)	1 sandwich	139	-	1.1	1.8	0.3	0.4	1.0	-	4.6
Hamburger sandwich (includes roll):										
Regular	1 sandwich	102	-	1.7	1.8	0.2	0.1	0.9	-	4.7
4-oz patty	1 sandwich	114	-	1.9	1.9	0.1	0.1	0.9	-	4.9
Fruits and Fruit Juices										
Apples, raw, unpeeled	1 apple (3-1/4 inch diam)	138	[0.0]	3.2	10.5	[0.0]	4.6	0.1	-	[18.4]

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Fruits and Fruit Juices—Con.										
Apple juice, canned, unsweetened	8 fl oz	248	[0.0]	6.2	13.9	[0.0]	4.2	-	-	27.0
Applesauce, canned, sweetened	1 cup	255	[0.0]	11.0	19.1	[0.0]	12.0	-	-	[42.1]
Apricots:										
Raw	3 apricots	106	[0.0]	1.7	0.7	[0.0]	5.5	1.1	-	9.9
Dried	1 cup	130	[0.0]	26.4	15.9	[0.0]	8.3	-	-	[50.6]
Avocados, California, raw	1 avocado	173	[0.0]	0.9	0.3	[0.0]	0.2	0.0	0.2	[1.6]
Bananas, raw	1 (2-1/2 /lb)	114	[0.0]	4.8	3.1	[0.0]	7.4	0.0	0.1	17.8
Blackberries, raw	1 cup	144	[0.0]	4.5	5.9	[0.0]	0.6	0.7	-	11.4
Blueberries, raw	1 cup	145	[0.0]	5.1	5.2	[0.0]	0.3	0.0	-	[10.6]
Cantaloup, raw	1/2 melon	267	[0.0]	3.2	4.8	[0.0]	14.4	0.0	0.8	[23.2]
Carambola, raw	1 carambola	127	[0.0]	3.9	4.1	[0.0]	1.0	-	-	[9.0]
Cherries, raw:										
Sour	10 cherries	68	[0.0]	2.9	2.2	[0.0]	0.3	0.0	-	[5.5]
Sweet	10 cherries	68	[0.0]	5.5	4.2	[0.0]	0.1	0.1	-	[9.9]
Cranberry juice cocktail, bottled	8 fl oz	253	[0.0]	*	*	[0.0]	*	-	-	34.2
Currants, raw	1/2 cup	56	[0.0]	1.8	2.1	[0.0]	0.6	0.0	-	[4.5]
Dates, dried	10 dates	83	[0.0]	*	*	[0.0]	37.0	-	-	53.3
Figs:										
Raw	1 medium fig	50	*	1.8	1.4	[0.0]	0.2	-	*	[3.4]
Dried	10 figs	187	7.7	53.5	48.6	[0.0]	12.2	-	2.4	[124.4]
Fruit cocktail, canned, solids and liquid, juice pack	1 cup	284	-	17.0	17.0	[0.0]	9.4	-	-	[43.4]
Grapefruit, raw	1/2 fruit	120	[0.0]	1.6	1.4	[0.0]	4.1	-	-	7.4
Grapefruit juice:										
Raw	8 fl oz	247	[0.0]	6.7	4.4	[0.0]	4.4	-	-	15.6
Canned, unsweetened	8 fl oz	247	[0.0]	*	*	[0.0]	*	-	-	18.5
Grapes, raw:										
American	10 grapes	24	-	1.6	1.7	[0.0]	0.3	0.4	*	[3.9]
European	10 grapes	50	0.2	3.2	3.8	[0.0]	0.2	1.6	0.1	[9.1]
Grape juice, frozen concentrate, reconstituted	8 fl oz	250	-	[9.0]	[11.0]	[0.0]	*	-	*	35.5
Guava, raw	1 guava	90	[0.0]	1.1	1.7	[0.0]	0.9	*	-	5.4
Jackfruit, raw	2 oz fruit	57	[0.0]	0.8	0.8	[0.0]	3.1	-	-	10.5
Kiwifruit, without skin, raw	1 kiwifruit	76	[0.0]	3.8	3.3	[0.0]	0.8	-	-	[8.0]
Lemons, raw, peeled	1 lemon	58	[0.0]	0.6	0.5	[0.0]	0.3	-	-	1.4
Lemon juice, raw	8 fl oz	244	[0.0]	2.4	2.7	[0.0]	0.7	-	-	[5.9]
Limes, raw, peeled	1 lime	67	[0.0]	0.1	0.1	[0.0]	0.0	0.0	-	0.3
Mangos, raw	1 mango	207	[0.0]	1.5	6.0	[0.0]	20.5	0.0	*	30.6
Nectarines, raw	1 nectarine	136	[0.0]	1.6	1.5	[0.0]	8.4	-	-	[11.6]
Oranges, raw	1 orange (2-5/8 inch diam)	131	[0.0]	2.9	3.3	[0.0]	5.5	0.4	-	11.7
Orange juice:										
Raw	8 fl oz	248	[0.0]	6.9	7.4	[0.0]	10.2	-	-	25.3
Canned, unsweetened or frozen concentrate, reconstituted	8 fl oz	249	[0.0]	13.2	11.5	[0.0]	1.7	-	-	[26.4]
Papaya, raw	1 papaya	304	[0.0]	4.3	8.2	[0.0]	5.5	0.0	*	[17.9]
Passion fruit, raw	1 fruit	18	[0.0]	0.7	0.6	[0.0]	0.6	-	-	2.0
Peaches:										
Raw	1 peach	87	[0.0]	1.0	1.1	[0.0]	4.9	0.6	-	[7.6]
Canned, solids and liquid, juice pack	1 cup	248	[0.0]	16.1	14.6	[0.0]	8.9	3.5	*	[43.2]
Dried	1 cup	160	[0.0]	25.3	25.0	[0.0]	21.1	-	-	[71.4]

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Fruits and Fruit Juices—Con.										
Pears:										
Raw (Bartlett).....	1 pear (2-1/2 inch diam)	166	[0.0]	3.2	10.6	[0.0]	3.0	0.7	*	[17.4]
Canned, solids and liquid:										
Water pack.....	1 cup halves	244	[0.0]	4.6	9.5	[0.0]	0.7	-	-	14.9
Juice pack.....	1 cup halves	248	[0.0]	8.2	14.4	[0.0]	1.5	-	-	24.1
Light syrup pack.....	1 cup halves	251	[0.0]	12.1	12.9	[0.0]	2.8	2.8	-	30.6
Heavy syrup pack.....	1 cup halves	255	[0.0]	15.6	15.0	[0.0]	3.6	4.8	-	38.8
Pear juice, raw	8 fl oz	250	[0.0]	4.0	17.8	[0.0]	*	-	-	[21.8]
Pineapple:										
Raw.....	1 cup diced	155	[0.0]	4.5	3.3	[0.0]	4.8	0.0	-	18.4
Canned, chunks:										
Juice pack.....	1 cup	250	[0.0]	19.2	16.2	[0.0]	0.0	-	-	35.5
Heavy syrup pack.....	1 cup	255	[0.0]	19.1	18.4	[0.0]	5.6	-	-	[43.1]
Pineapple juice, canned, unsweetened	8 fl oz	250	[0.0]	*	*	[0.0]	*	-	-	31.2
Plums, raw:										
Common	1 plum	66	[0.0]	1.8	1.2	[0.0]	2.0	0.0	*	[5.0]
Prune.....	1 cup halves	165	[0.0]	5.1	5.4	[0.0]	8.2	0.5	*	[19.3]
Pomegranates, raw....	1 pomegranate	154	[0.0]	7.7	7.2	[0.0]	0.6	0.0	-	13.7
Prunes, dried.....	5 prunes	49	[0.0]	14.1	7.3	[0.0]	0.2	-	-	[21.6]
Prune juice, bottled..	8 fl oz	256	[0.0]	14.1	20.2	[0.0]	-	-	-	[34.3]
Raisins	1 cup	145	[0.0]	45.2	49.0	[0.0]	[0.0]	*	-	[94.2]
Raspberries, raw.....	1 cup	123	[0.0]	4.3	3.9	[0.0]	3.4	-	-	[11.7]
Rhubarb, raw.....	1 cup diced	122	[0.0]	0.5	0.5	[0.0]	0.1	*	*	1.1
Strawberries:										
Raw.....	1 cup	149	[0.0]	3.3	3.7	[0.0]	1.5	0.1	-	[8.6]
Frozen, unsweetened.....	1 cup	149	[0.0]	4.5	4.5	[0.0]	0.7	-	-	[9.7]
Tangelos, raw.....	1 tangelo	131	[0.0]	4.8	-	[0.0]	4.8	-	-	[9.7]
Watermelon, raw.....	1/16 melon	482	[0.0]	7.7	15.9	[0.0]	17.4	2.4	-	[43.4]
Grains and Cereals										
Amaranth, whole grain:										
Raw.....	1 cup	202	[0.0]	0.8	0.2	[0.0]	2.4	0.4	*	[3.8]
Cooked.....	1 cup	246	[0.0]	[0.2]	-	[0.0]	[0.2]	*	*	[0.5]
Breakfast cereals:										
Hot type:										
Farina, quick and instant:										
Dry.....	1 cup	176	[0.0]	*	*	[0.0]	0.7	*	0.4	[1.1]
Cooked.....	1 cup	240	[0.0]	*	*	[0.0]	0.2	*	0.0	*
Farina, regular:										
Dry.....	1 cup	174	[0.0]	*	*	[0.0]	0.3	*	0.2	[0.5]
Cooked.....	1 cup	242	[0.0]	*	*	[0.0]	0.0	*	0.0	*
Oatmeal or rolled oats:										
Regular or quick:										
Dry.....	1 cup	82	[0.0]	0.0	-	[0.0]	1.1	*	0.3	[1.5]
Cooked.....	1 cup	239	[0.0]	0.0	-	[0.0]	1.0	*	0.0	[1.0]
Maple flavor:										
Dry.....	1 cup	94	[0.0]	-	-	[0.0]	5.9	*	0.2	[6.1]
Cooked.....	1 cup	240	[0.0]	-	-	[0.0]	7.2	*	0.0	[7.2]
Whole-wheat:										
Dry.....	1 cup	118	[0.0]	-	0.2	[0.0]	0.7	*	0.4	[1.3]
Cooked.....	1 cup	242	[0.0]	-	0.0	[0.0]	0.7	*	0.2	[1.0]
Ready-to-eat:										
Bran flakes	2/3 cup	28	[0.0]	0.3	0.3	0.0	2.6	0.3	*	3.4

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Grains and Cereals—Con.										
Breakfast cereals:										
Ready-to-eat (con.):										
Bran flakes with raisins	3/4 cup	39	[0.0]	2.8	3.2	0.0	3.9	0.0	*	10.4
Corn flakes	1-1/8 cup	28	[0.0]	0.4	0.7	0.0	0.7	0.1	*	1.9
Corn flakes, sugar coated	3/4 cup	28	[0.0]	0.3	0.3	0.0	10.7	0.0	*	11.2
Granola with raisins	1/4 cup	28	[0.0]	1.3	1.3	0.3	4.8	0.0	*	7.8
Oat cereal	1-1/4 cup	28	[0.0]	0.0	0.1	0.0	0.8	0.0	*	0.8
Rice, crispy	1 cup	28	[0.0]	0.2	0.1	0.0	2.2	0.0	*	2.5
Rice, crispy, sugar coated	3/4 cup	28	[0.0]	0.2	0.2	0.0	10.7	0.0	*	11.1
Rice, puffed	1 cup	14	[0.0]	0.0	0.0	0.0	0.0	0.0	*	0.0
Wheat and malted barley, flakes	7/8 cup	28	[0.0]	0.3	0.1	0.0	1.8	1.3	*	3.5
Wheat and malted barley, nuggets	1/4 cup	28	[0.0]	0.2	0.9	0.0	0.0	1.5	*	2.6
Wheat bran	1/3 cup	28	[0.0]	0.3	0.2	0.0	3.8	0.4	*	4.7
Wheat flakes	1 cup	28	[0.0]	0.2	0.2	0.0	2.3	0.0	*	[2.8]
Wheat, puffed:										
Plain	1 cup	14	[0.0]	0.0	0.1	0.0	0.1	0.0	*	0.2
Sugar coated	7/8 cup	28	[0.0]	1.0	0.4	0.0	10.8	0.5	*	12.7
Sugar and honey coated	3/4 cup	28	[0.0]	3.4	0.3	0.0	12.6	0.0	*	16.3
Wheat, shredded	2/3 cup	28	[0.0]	0.0	0.0	0.0	0.1	0.0	*	0.1
Wheat, shredded, frosted	4 biscuits	28	[0.0]	0.0	0.0	0.0	7.0	0.0	*	7.0
Buckwheat groats:										
Raw	1 cup	160	[0.0]	*	*	[0.0]	2.7	-	1.4	[4.1]
Cooked	1 cup	240	[0.0]	0.5	0.2	[0.0]	1.0	-	0.5	[2.2]
Cornstarch	1 tbsp	8	[0.0]	*	*	[0.0]	*	*	*	*
Millet, proso:										
Raw	1 cup	200	[0.0]	1.2	*	[0.0]	1.2	*	0.4	[2.8]
Cooked	1 cup	240	[0.0]	*	*	[0.0]	[0.2]	*	*	[0.7]
Noodles, chow mein	1 cup	52	[0.0]	*	0.1	[0.0]	0.2	0.3	0.2	[0.8]
Oat bran:										
Raw	1/3 cup	32	[0.0]	*	*	[0.0]	0.6	*	*	0.8
Cooked	1 cup	232	[0.0]	-	*	[0.0]	[0.7]	*	*	[0.9]
Oat flour	1 cup	104	[0.0]	0.1	0.0	[0.0]	0.5	*	*	0.8
Pasta:										
Macaroni or spaghetti, enriched:										
Dry	8 oz	227	[0.0]	1.8	1.8	[0.0]	1.8	2.3	*	[7.7]
Cooked	1 cup	140	[0.0]	0.4	0.4	[0.0]	0.4	0.6	*	[1.8]
Macaroni or spaghetti, whole-wheat:										
Dry	8 oz	227	[0.0]	1.1	0.7	[0.0]	1.6	4.5	0.5	[8.4]
Cooked	1 cup	137	[0.0]	[0.3]	[0.1]	[0.0]	0.1	0.4	0.1	[1.1]
Popcorn:										
Unpopped	1 cup	213	[0.0]	*	*	[0.0]	0.6	*	0.4	*
Air-popped	1 cup	7	[0.0]	*	*	[0.0]	0.0	*	0.0	*
Oil-popped	1 cup	11	[0.0]	*	*	[0.0]	0.1	*	0.0	*
Rice:										
Bran	1 cup	83	[0.0]	0.2	0.2	[0.0]	0.4	*	*	[0.8]
Brown:										
Raw	1 cup	180	[0.0]	0.2	*	[0.0]	0.7	*	0.4	[1.3]
Cooked	1 cup	164	[0.0]	0.0	*	[0.0]	0.3	*	0.0	0.5
Flour	1 cup	128	[0.0]	*	*	[0.0]	1.0	-	0.3	[1.3]
White, enriched:										
Regular:										
Raw	1 cup	189	[0.0]	0.4	*	[0.0]	0.4	0.2	*	[1.0]
Cooked	1 cup	152	[0.0]	0.0	*	[0.0]	0.2	0.0	*	[0.3]
Parboiled:										
Raw	1 cup	185	[0.0]	*	*	[0.0]	0.7	*	*	*
Cooked	1 cup	175	[0.0]	*	*	[0.0]	0.5	*	*	*

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Grains and Cereals—Con.										
Rye flour	1 cup	106	[0.0]	0.5	0.3	[0.0]	*	2.8	1.3	[4.9]
Tortillas, corn	1 tortilla (7 inch)	30	[0.0]	0.0	0.0	[0.0]	0.1	*	0.0	[0.2]
Wheat:										
Bran, crude	2 tbsp	7	[0.0]	0.0	0.0	[0.0]	0.1	0.0	*	0.3
Flour:										
Semolina	1 cup	125	[0.0]	0.4	*	[0.0]	1.9	*	*	[2.3]
White	1 cup	125	0.0	0.8	0.4	[0.0]	0.5	0.0	*	2.1
Whole-wheat	1 cup	120	[0.0]	*	*	[0.0]	0.4	0.1	*	2.4
Germ:										
Crude	1 tbsp	5	[0.0]	*	*	[0.0]	0.4	0.0	0.2	[0.6]
Toasted	1 tbsp	5	[0.0]	*	*	[0.0]	0.4	*	0.2	[0.6]
Grain:										
Raw	1 cup	189	0.0	0.2	0.2	[0.0]	1.1	-	-	[1.5]
Cooked	1 cup	182	[0.0]	*	*	[0.0]	[0.4]	-	-	[0.4]
Wild rice:										
Raw	1 cup	171	[0.0]	*	*	[0.0]	1.2	*	0.0	[1.2]
Cooked	1 cup	161	[0.0]	0.3	0.3	[0.0]	0.5	*	0.0	[1.1]
Legumes[3]										
Adzuki beans:										
Raw	1/2 cup	98	-	*	*	[0.0]	0.7	[0.0]	*	*
Cooked	1/2 cup	115	-	*	*	[0.0]	[0.3]	[0.0]	*	*
Baked beans, canned with:										
Franks, in tomato sauce	1/2 cup	128	-	1.4	1.2	*	2.7	-	0.6	[5.9]
Pork, in sweet sauce	1/2 cup	126	-	2.0	1.8	[0.0]	5.4	[0.0]	1.3	[10.5]
Tomato sauce	1/2 cup	127	-	1.9	1.0	[0.0]	3.3	0.2	0.8	[7.2]
Black-eyed peas:										
Raw	1/2 cup	84	0.7	0.2	0.2	[0.0]	1.5	[0.0]	3.3	[5.8]
Cooked	1/2 cup	86	[0.3]	0.0	0.0	[0.0]	0.9	[0.0]	1.6	[2.8]
Broadbeans:										
Raw	1/2 cup	75	0.1	0.3	0.7	[0.0]	1.6	0.0	*	4.3
Cooked	1/2 cup	85	[0.0]	[0.1]	[0.3]	[0.0]	[0.3]	[0.0]	*	[1.5]
Chickpeas:										
Raw	1/2 cup	100	0.2	0.2	0.3	[0.0]	3.8	0.4	2.2	10.7
Cooked	1/2 cup	82	[0.1]	[0.1]	[0.1]	[0.0]	1.0	[0.2]	0.8	[3.9]
Common beans:										
Raw	1/2 cup	97	-	0.0	0.0	[0.0]	2.5	[0.0]	*	5.3
Cooked	1/2 cup	88	-	[0.0]	[0.0]	[0.0]	0.4	[0.0]	*	[1.9]
Lentils:										
Raw	1/2 cup	96	-	0.1	0.3	[0.0]	1.7	0.3	2.1	5.2
Cooked	1/2 cup	99	-	[0.0]	0.1	[0.0]	[0.5]	0.0	0.9	[1.8]
Lima beans:										
Raw	1/2 cup	95	-	*	0.6	[0.0]	1.3	[0.0]	*	8.1
Cooked	1/2 cup	92	-	*	[0.2]	[0.0]	[0.5]	[0.0]	*	[2.7]
Lupins:										
Raw	1/2 cup	90	-	*	[0.0]	[0.0]	1.7	[0.0]	*	7.7
Cooked	1/2 cup	83	-	*	[0.0]	[0.0]	[0.5]	[0.0]	*	[2.3]
Mung beans:										
Raw	1/2 cup	104	-	0.4	0.6	[0.0]	1.2	[0.0]	*	6.9
Cooked	1/2 cup	96	-	[0.0]	[0.2]	0.0	[0.3]	[0.0]	*	[1.9]
Peanuts:										
Dried	1 oz	28	-	0.1	0.0	[0.0]	1.1	[0.0]	0.1	1.2
Dry-roasted	1 oz	28	-	0.1	[0.0]	[0.0]	1.0	0.1	0.1	1.3
Oil-roasted	1 oz	28	-	0.0	[0.0]	[0.0]	1.0	0.0	*	*
Spanish:										
Dried	1 oz	28	-	0.0	[0.0]	[0.0]	1.1	*	*	*
Dry-roasted	1 oz	28	-	0.1	[0.0]	[0.0]	1.0	*	*	*
Peanut butter	1 tbsp	16	-	0.2	0.0	0.0	1.1	0.0	*	[1.2]
Peanut flour, defatted	1 oz	28	-	0.6	[0.0]	[0.0]	2.0	*	*	*

[3] Mature seeds.

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Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Legumes[3]—Con.										
Peas, split:										
Raw	1/2 cup	98	0.4	*	*	[0.0]	2.4	[0.0]	*	7.8
Cooked	1/2 cup	98	[0.1]	*	*	[0.0]	[0.8]	[0.0]	*	[2.8]
Pigeonpeas:										
Raw	1/2 cup	102	-	*	*	[0.0]	0.8	[0.0]	*	2.9
Cooked	1/2 cup	84	-	*	*	[0.0]	0.2	[0.0]	*	[0.8]
Soybeans:										
Raw	1/2 cup	93	0.0	0.2	0.5	[0.0]	3.9	[0.0]	0.6	6.7
Cooked	1/2 cup	86	-	[0.1]	[0.2]	[0.0]	0.4	[0.0]	*	[2.6]
Kernels, oil-roasted	1 oz	28	-	0.0	0.0	[0.0]	1.2	[0.0]	*	*
Soyflour, dehulled, defatted	1 oz	28	2.1	2.3	*	[0.0]	2.0	[0.0]	0.6	[7.0]
Tofu, raw	1/4 block	116	-	0.0	0.0	[0.0]	0.0	0.0	0.5	[0.5]
Winged beans:										
Raw	1/2 cup	91	-	*	*	[0.0]	5.0	[0.0]	*	6.4
Cooked	1/2 cup	86	-	*	*	[0.0]	[1.7]	[0.0]	*	[2.2]
Meat and Poultry Products										
Beef, corned or smoked	3 oz	85	-	0.1	-	-	0.5	-	-	[0.6]
Ham, smoked, cooked	2 slices	57	-	0.6	-	-	0.0	-	-	[0.6]
	3 oz	85	-	0.8	-	-	0.0	-	-	[0.8]
Liver cheese, pork	1 slice	38	-	0.7	-	-	0.0	-	-	[0.7]
Luncheon meat, loaf:										
Ham and cheese	2 slices	57	*	0.6	-	*	0.0	-	-	[0.6]
Spiced beef and/or pork	2 slices	57	-	1.7	-	-	0.2	-	-	[1.9]
Pastrami	2 slices	57	-	0.1	-	-	0.4	-	-	[0.5]
Sausage:										
Bologna, beef	2 slices	46	-	1.1	-	-	0.1	-	-	[1.2]
Frankfurter, beef and pork	1 frank	51	-	1.0	-	-	0.0	-	-	[1.0]
New England, beef and pork	1 patty	27	-	0.5	-	-	0.0	-	-	[0.5]
Pork, cooked:										
Commercial	1 link	13	-	0.3	-	-	*	-	-	[0.3]
Fast food	1 patty	53	*	0.3	*	*	*	*	-	[0.4]
Salami, beef	2 slices	46	-	0.6	-	-	0.0	-	-	[0.6]
Turkey, breast	2 slices	57	-	-	-	-	0.1	-	-	[0.1]
Nuts and Seeds										
Almonds:										
Dried	1 oz	28	[0.0]	-	-	[0.0]	1.4	0.1	0.2	1.6
Dry-roasted, unblanched	1 oz	28	[0.0]	0.1	-	[0.0]	1.2	0.0	0.2	1.5
Oil-roasted, unblanched	1 oz	28	[0.0]	0.0	-	[0.0]	1.4	-	-	1.5
Brazilnuts, oil-roasted	1 oz	28	[0.0]	0.0	-	[0.0]	0.7	-	-	[0.7]
Cashew nuts, dried, dry- or oil-roasted	1 oz	28	[0.0]	0.1	-	[0.0]	1.7	-	-	[1.8]
Chestnuts, European (Italian), raw	1 oz	28	[0.0]	-	-	[0.0]	3.0	-	-	[3.0]
Coconut:										
Raw	2x2x2-1/2 inch piece	45	[0.0]	0.9	0.6	[0.0]	*	-	-	1.6
Dried, sweetened, flaked or shredded	1 cup	93	[0.0]	0.6	0.2	[0.0]	*	-	-	32.0
Toasted, shredded	1 oz	28	[0.0]	-	-	[0.0]	9.1	-	1.7	[10.8]
Cottonseed flour, defatted	1 cup	94	[0.0]	-	-	[0.0]	2.2	-	-	[2.2]

[3] Mature seeds.

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Nuts and Seeds—Con.										
Hazelnuts (filberts), unblanched:										
Dried	1 oz	28	0.1	0.6	-	[0.0]	*	-	0.6	1.3
Dry-roasted	1 oz	28	*	0.1	-	[0.0]	0.8	-	*	[0.9]
Oil-roasted	1 oz	28	*	0.0	-	[0.0]	1.3	-	*	[1.3]
Macadamia nuts, oil-roasted	1 oz	28	[0.0]	0.0	-	[0.0]	1.7	-	-	[1.8]
Mixed nuts, oil-roasted	1 oz	28	[0.0]	0.0	-	0.0	1.1	0.0	-	[1.1]
Peanuts--See LEGUMES.										
Pecans:										
Dried	1 oz	28	[0.0]	-	-	[0.0]	1.1	-	0.1	1.2
Dry- or oil-roasted	1 oz	28	[0.0]	0.0	-	[0.0]	1.0	-	-	[1.0]
Pistachios, dried, shelled	1 oz	28	[0.0]	0.1	0.0	[0.0]	0.4	0.0	*	1.9
Pumpkin seeds, kernels, dried	1 oz	28	[0.0]	0.0	-	[0.0]	0.3	-	-	[0.3]
Safflower seeds, kernels, dried	1 oz	28	0.0	*	-	[0.0]	0.4	-	-	0.4
Sesame flour, defatted	1 oz	28	0.0	0.7	0.5	[0.0]	0.0	-	-	[1.2]
Sesame seeds:										
Dried	1 tbsp	8	[0.0]	*	-	[0.0]	0.1	0.0	0.0	[0.1]
Dry-roasted	1 tbsp	8	[0.0]	*	-	[0.0]	*	-	0.0	0.1
Sunflower flour, partially defatted	1 cup	80	[0.0]	0.0	-	[0.0]	1.7	-	-	[2.2]
Sunflower seeds, kernels:										
Dried	1 oz	28	[0.0]	-	-	[0.0]	0.7	-	0.2	0.9
Dry-roasted	1 oz	28	[0.0]	0.0	-	[0.0]	0.7	-	0.4	1.1
Oil-roasted	1 oz	28	[0.0]	0.0	-	[0.0]	0.9	-	0.7	1.6
Walnuts	1 cup	125	[0.0]	0.0	-	[0.0]	2.6	-	-	[2.6]
Sugars and Sweets										
Candy:										
Cashew and honey bar	1 oz	28	-	1.8	1.1	0.5	0.4	1.6	-	[5.4]
Chocolate:										
Dark, sweet	1 oz	28	-	0.0	0.0	[0.0]	13.7	[0.0]	-	[13.7]
Semisweet	1 oz	28	-	1.3	*	0.0	14.0	0.0	*	[15.4]
Chocolate, milk:										
Plain	1 oz	28	0.0	0.1	0.0	2.1	13.3	0.0	-	14.6
With:										
Almonds	1 oz	28	*	0.1	0.1	1.7	10.8	0.0	-	13.8
Crisped rice	1 oz	28	*	0.1	0.1	1.8	12.2	-	-	[14.2]
Peanuts	1 oz	28	*	*	*	*	14.9	-	-	*
Chocolate-covered:										
Caramel and rice cereal	1 oz	28	-	*	*	*	*	*	*	14.7
Caramel log	1 oz	28	-	*	*	*	4.8	*	*	*
Coconut center and almonds	1 oz	28	-	*	*	*	5.7	*	*	*
Crunchy peanut butter candy	1 oz	28	-	*	*	*	8.4	*	*	*
Crunchy peanut butter and almonds	1 oz	28	-	*	*	*	10.1	*	*	*
Fudge, peanuts, and caramel	1 oz	28	-	*	*	*	6.7	*	*	*
Malt nougat and caramel	1 oz	28	-	*	*	*	8.0	*	*	*
Malted milk balls	1 oz	28	-	*	*	*	4.1	*	*	*

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Sugars and Sweets—Con.										
Candy:										
Chocolate-covered (con.):										
Mint-flavored fondant, discs...	1 oz	28	-	*	*	*	12.8	*	*	*
Mint-flavored fondant, 1-1/2-inch patty.....	1 oz	28	-	*	*	*	22.6	*	*	*
Nougat.....	1 oz	28	*	2.0	0.2	1.0	10.8	2.0	*	[17.4]
Nougat and caramel.....	1 oz	28	-	*	*	*	7.6	*	*	*
Nougat, caramel, and almonds.....	1 oz	28	-	*	*	*	10.3	*	*	*
Peanut butter nougat, caramel, and peanuts.....	1 oz	28	-	1.8	0.1	1.2	7.8	1.8	0.1	[12.8]
Peanuts	1 oz	28	*	*	*	0.3	9.7	-	-	*
Wafer cookie bar..	1 oz	28	*	*	*	1.4	11.0	-	-	12.4
Coconut bar.....	1 oz	28	-	3.0	0.9	0.0	7.5	0.9	*	[12.3]
Confectioners' coatings:										
Carob	1 oz	28	-	1.4	2.3	0.0	7.0	0.0	-	10.7
White chocolate...	1 oz	28	-	*	*	2.8	14.9	*	-	[17.7]
Fruit and honey bar.....	1 oz	28	-	2.9	2.2	0.0	1.4	0.7	*	[7.1]
Hard candy.....	1 oz	28	[0.0]	*	*	[0.0]	18.9	-	-	[18.9]
Jelly beans	1 oz	28	[0.0]	*	*	[0.0]	16.7	-	-	*
Jelly mints	1 oz	28	[0.0]	*	*	[0.0]	16.4	-	-	*
Licorice	1 oz	28	[0.0]	*	*	[0.0]	5.5	-	-	*
Praline (chewy)	1 oz	28	-	*	*	-	7.4	-	-	*
Salted nut bar (peanuts, caramel, and vanilla fudge)	1 oz	28	-	*	*	-	9.4	-	-	*
Sugar-coated chocolate and peanut discs.....	1 oz	28	*	*	*	1.2	12.2	-	0.0	[13.4]
Sugar-coated chocolate discs	1 oz	28	*	*	*	1.0	14.6	-	-	[16.4]
Sunflower and honey bar	1 oz	28	-	1.7	1.2	0.4	0.4	2.0	-	[5.8]
Sunflower candy bar.....	1 oz	28	-	0.1	0.7	0.0	4.1	0.6	-	[5.5]
Taffy, fruit-flavored.....	1 oz	28	-	3.3	1.0	-	10.6	2.0	1.7	18.7
Toffee	1 oz	28	-	1.9	1.5	0.7	11.6	-	[15.7]	*
Caramel popcorn.....	1 oz	28	-	0.7	0.2	-	9.6	0.3	0.3	11.1
Chewing gum.....	1 piece	3	[0.0]	-	-	-	2.1	[0.0]	[0.0]	[2.1]
Sugarless	1 piece	3	[0.0]	[0.0]	[0.0]	[0.0]	0.0	[0.0]	[0.0]	[0.0]
Chocolate, baking--See MISCELLANEOUS.										
Frosting, canned:										
Chocolate	1 cup	310	-	11.5	6.5	16.4	133.3	5.0	*	172.7
Other flavors	1 cup	310	-	4.3	2.2	0.0	210.2	3.7	*	[220.4]
Gelatin, flavored mix, sweetened, prepared:										
Orange.....	1/2 cup	120	[0.0]	6.0	*	[0.0]	9.4	-	*	[15.4]
Raspberry.....	1/2 cup	120	[0.0]	6.5	*	[0.0]	4.0	-	-	[10.4]
Strawberry.....	1/2 cup	120	[0.0]	1.0	*	[0.0]	2.2	-	-	[3.1]
Honey.....	1 tbsp	21	[0.0]	7.1	8.9	[0.0]	0.3	0.9	-	[17.2]
Molasses:										
Blackstrap.....	2 tbsp	40	[0.0]	3.0	3.2	[0.0]	10.8	-	0.2	17.1
Regular.....	2 tbsp	40	[0.0]	4.5	5.2	[0.0]	13.9	-	0.4	[24.0]
Puddings:										
Canned:										
Banana.....	5-oz can	142	-	*	*	*	16.6	-	-	*
Butterscotch.....	5-oz can	142	-	*	*	*	21.9	-	-	*
Chocolate.....	5-oz can	142	-	*	*	*	18.9	-	-	*
Chocolate fudge ..	5-oz can	142	-	*	*	*	20.3	-	-	*

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

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Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Sugars and Sweets—Con.										
Puddings:										
Canned (con.):										
Rice	5-oz can	142	-	*	*	*	14.6	-	-	*
Tapioca	5-oz can	142	-	*	*	*	10.8	-	-	*
Vanilla	5-oz can	142	-	*	*	*	20.9	-	-	*
Chilled, coconut cream	5 oz	142	-	*	*	*	16.2	-	-	*
Sugar:										
Brown	1 cup	220	[0.0]	11.4	0.9	[0.0]	185.5	-	-	[197.8]
Granulated	1 cup	200	[0.0]	-	-	[0.0]	193.6	-	-	193.6
Powdered, sifted	1 cup	100	[0.0]	-	-	[0.0]	93.0	-	-	93.0
Sundae, fast food:										
Caramel	1 sundae	165	-	8.2	1.3	8.9	19.5	3.6	-	41.2
Hot fudge	1 sundae	164	-	2.5	0.8	9.3	27.9	0.7	-	41.7
Strawberry	1 sundae	164	-	10.2	5.6	7.4	20.5	-	-	44.6
Syrup:										
Chocolate	2 tbsp	38	-	4.8	2.9	1.9	11.6	1.7	2.8	19.7
Corn:										
Dark	2 tbsp	42	-	6.3	0.5	[0.0]	0.9	4.1	3.7	[15.5]
High-fructose	2 tbsp	42	-	15.3	15.7	[0.0]	0.3	*	*	[31.3]
Light	2 tbsp	42	-	8.7	0.9	[0.0]	*	6.3	5.6	[21.5]
Maple	2 tbsp	42	[0.0]	1.0	0.4	[0.0]	24.8	-	-	[26.2]
Pancake	1 tbsp	20	[0.0]	3.9	1.0	[0.0]	2.4	2.2	1.3	[10.9]
Sorghum	1 tbsp	21	[0.0]	*	*	[0.0]	7.0	-	-	13.8
Sugar, caramelized	1 tbsp	15	[0.0]	4.8	-	[0.0]	1.8	0.3	-	[6.8]
Topping, dessert:										
Butterscotch	2 tbsp	38	-	*	-	0.5	*	-	-	*
Chocolate	2 tbsp	38	-	*	-	1.1	*	-	-	*
Vegetables										
Alfalfa seeds, sprouted, raw	1 cup	33	[0.0]	0.0	0.1	[0.0]	*	*	0.0	*
Artichokes:										
Raw	1 medium	128	[0.0]	1.9	0.8	[0.0]	0.1	*	*	2.6
Cooked	1 medium	120	[0.0]	1.0	0.0	[0.0]	0.4	*	*	1.3
Asparagus:										
Raw	1/2 cup	67	[0.0]	0.6	0.9	[0.0]	0.1	*	*	1.4
Cooked	1/2 cup	90	[0.0]	0.5	0.7	[0.0]	0.2	*	*	1.4
Balsam-pear, raw	1/2 cup	24	[0.0]	*	*	[0.0]	*	*	*	0.2
Beans, snap:										
Raw	1/2 cup	55	[0.0]	0.5	0.7	[0.0]	0.1	0.2	0.2	1.4
Cooked	1/2 cup	62	[0.0]	0.5	0.6	0.0	0.2	0.1	0.1	1.2
Canned, drained solids	1/2 cup	68	[0.0]	0.4	0.3	[0.0]	0.1	0.1	0.1	[1.1]
Frozen	1/2 cup	62	[0.0]	0.6	0.6	0.0	0.2	0.1	0.1	[1.6]
Frozen, cooked	1/2 cup	68	[0.0]	0.6	0.7	[0.0]	0.2	0.1	0.1	[1.8]
Beets, raw, sliced	1/2 cup	68	[0.0]	0.1	0.1	[0.0]	4.1	*	*	4.0
Borage, raw	1/2 cup	44	[0.0]	*	*	[0.0]	*	*	*	0.4
Broadbeans, immature seeds:										
Raw	1 cup	109	[0.0]	0.2	0.2	[0.0]	0.2	0.1	*	2.0
Cooked	1/2 cup[2]	85	[0.0]	0.1	0.0	[0.0]	0.2	0.1	*	0.4
Broccoli, raw	1 spear	151	[0.0]	0.9	1.1	[0.0]	0.5	*	0.6	[3.0]
Brussels sprouts:										
Raw	1/2 cup	78	[0.0]	0.5	0.6	[0.0]	0.3	*	*	1.7
Cooked	1 sprout	21	[0.0]	*	*	[0.0]	*	*	*	*
Cabbage, chinese, raw:										
Pak-choi	1/2 cup	35	[0.0]	*	*	[0.0]	*	*	*	0.4
Pe-tsai	1 cup	76	[0.0]	0.6	0.5	[0.0]	*	*	*	1.0
Cabbage, common:										
Raw, shredded	1/2 cup	35	[0.0]	0.4	0.3	[0.0]	0.2	*	*	1.3
Cooked	1/2 cup	78	[0.0]	*	*	[0.0]	*	*	*	*

[2] Value from similar food.

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[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Vegetables—Con.										
Cabbage, red:										
Raw, shredded	1 cup	70	[0.0]	1.7	1.6	[0.0]	0.4	*	*	3.8
Cooked	1 leaf	22	[0.0]	0.3	0.2	[0.0]	0.1	*	*	0.6
Cabbage, savoy, raw, shredded	1 cup	70	[0.0]	*	*	[0.0]	*	*	*	2.0
Cardoon, raw, shredded	1/2 cup	89	[0.0]	*	*	[0.0]	*	*	*	1.5
Carrots:										
Raw	1 carrot	72	[0.0]	0.7	0.7	[0.0]	2.6	*	0.4	4.8
Cooked	1/2 cup	78	[0.0]	0.9	0.8	[0.0]	2.2	*	0.2	3.2
Canned, drained solids, sliced	1/2 cup	73	[0.0]	0.6	0.4	[0.0]	1.3	*	0.1	[2.3]
Frozen, sliced	1/2 cup	64	[0.0]	0.6	0.5	[0.0]	1.9	0.1	0.1	[3.2]
Frozen, cooked	1/2 cup	73	[0.0]	0.7	0.5	[0.0]	2.0	0.0	0.1	[3.3]
Cassava root, raw	1 cup cubes	142	[0.0]	0.1	0.1	[0.0]	1.3	0.0	*	1.7
Cauliflower, raw	1/2 cup	50	[0.0]	0.4	0.4	[0.0]	0.2	*	*	1.2
Celeriac, raw	1/2 cup	78	[0.0]	*	*	[0.0]	*	*	*	1.6
Celery, raw	1 stalk	40	[0.0]	0.2	0.2	[0.0]	0.1	*	*	0.4
Celtuce, raw	1 leaf	8	[0.0]	*	*	[0.0]	*	*	*	0.1
Chard, swiss:										
Raw, chopped	1/2 cup	18	[0.0]	0.1	0.0	[0.0]	0.0	*	*	0.2
Cooked, chopped	1/2 cup	88	[0.0]	0.2	0.2	[0.0]	0.0	*	*	0.4
Chicory greens, raw	1/2 cup	90	[0.0]	*	*	[0.0]	[0.0]	*	*	0.8
Chicory roots, raw, chopped	1/2 cup	45	[0.0]	*	*	[0.0]	0.4	*	*	1.1
Chives, raw, chopped	1 tsp	1	[0.0]	0.0	0.0	[0.0]	0.0	-	-	0.0
Chrysanthemum, garland, raw	1 stem	14	[0.0]	0.0	0.0	[0.0]	0.0	*	*	*
Corn, sweet, cut:										
Raw	1/2 cup	77	[0.0]	0.6	0.5	[0.0]	2.6	0.5	0.3	[4.5]
Cooked	1/2 cup	82	[0.0]	0.4	0.2	[0.0]	1.2	0.2	0.1	[2.1]
Canned, drained solids	1/2 cup	82	[0.0]	0.2	0.2	[0.0]	2.0	0.0	0.0	[2.3]
Frozen	1/2 cup	82	[0.0]	0.4	0.3	[0.0]	1.1	0.2	0.1	[2.1]
Frozen, cooked	1/2 cup	82	[0.0]	0.3	0.2	[0.0]	1.0	*	*	[1.5]
Cowpeas, immature seeds, raw	1/2 cup	72	[0.0]	*	*	[0.0]	*	*	*	2.2
Cucumber, raw, sliced	1/2 cup	52	[0.0]	0.5	0.5	[0.0]	0.0	0.0	0.1	1.2
Dandelion greens, raw	1/2 cup	28	[0.0]	0.1	0.1	[0.0]	0.4	*	*	[0.7]
Eggplant:										
Raw	1/2 cup	41	[0.0]	0.7	0.6	[0.0]	0.1	*	*	1.4
Fried, unbreaded	1 cup	130	[0.0]	2.2	2.5	[0.0]	0.4	*	*	5.2
Endive, escarole, raw, chopped	1/2 cup	25	[0.0]	*	*	[0.0]	0.0	*	*	0.3
Garlic, raw	1 clove	3	[0.0]	*	*	[0.0]	*	*	*	0.0
Horseradish, raw	1 stalk (14 inch)	337	[0.0]	*	*	[0.0]	*	*	*	6.1
Jerusalem artichokes, raw, chopped:										
Freshly harvested	1 cup	130	[0.0]	0.0	0.3	[0.0]	3.0	0.0	*	3.2
Stored	1 cup	143	[0.0]	0.9	1.1	[0.0]	10.7	1.0	*	13.7
Kale, raw, chopped	1/2 cup	34	[0.0]	0.1	0.1	[0.0]	*	*	*	0.7
Kohlrabi, raw, chopped	1/2 cup	70	[0.0]	0.9	0.8	[0.0]	0.4	*	*	3.2
Leeks:										
Raw	1 leek	124	[0.0]	1.4	1.9	[0.0]	1.2	*	*	4.8
Cooked	1 leek	124	[0.0]	0.5	0.4	[0.0]	0.4	*	*	1.2
Lettuce, cos (romaine), raw, shredded	1/2 cup	28	[0.0]	*	*	[0.0]	*	*	*	0.6
Lettuce, iceberg, raw	2 leaves	40	[0.0]	0.3	0.3	[0.0]	*	*	0.0	0.7
Mung beans, sprouted, raw	1/2 cup	52	[0.0]	0.5	0.6	[0.0]	0.1	0.0	0.2	1.1

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Vegetables—Con.										
Mushrooms, raw	1/2 cup	35	[0.0]	0.2	0.1	[0.0]	*	*	0.1	[0.7]
Mustard greens, raw, chopped	1/2 cup	28	[0.0]	0.1	0.1	[0.0]	0.0	*	*	0.2
Okra, raw, sliced	1/2 cup	50	[0.0]	0.4	0.5	[0.0]	0.4	*	*	1.2
Onions, mature, raw, chopped	1/2 cup	80	[0.0]	1.9	0.7	[0.0]	1.0	*	*	5.0
Onions, spring, raw, chopped	1/2 cup	50	[0.0]	1.4	*	[0.0]	0.2	*	*	1.6
Parsley, raw, chopped	1/2 cup	30	[0.0]	0.0	*	[0.0]	0.1	*	*	0.3
Parsnips, raw, chopped	1/2 cup	67	[0.0]	0.1	0.1	[0.0]	1.7	*	*	3.2
Peas, edible-podded, raw	1/2 cup	72	[0.0]	*	*	[0.0]	*	*	*	2.9
Peas, sweet:										
Raw	1/2 cup	78	[0.0]	0.0	0.0	[0.0]	3.4	0.1	0.3	4.4
Cooked	1/2 cup	80	[0.0]	0.2	0.1	[0.0]	3.8	0.2	0.4	[4.7]
Canned, drained solids	1/2 cup	85	[0.0]	0.0	0.0	[0.0]	2.6	0.1	0.3	[3.0]
Frozen	1/2 cup	72	[0.0]	0.1	0.1	[0.0]	3.2	0.1	0.4	[3.9]
Frozen, cooked	1/2 cup	80	[0.0]	*	0.1	[0.0]	3.8	0.2	0.4	[4.4]
Peppers, chili, raw, chopped	1/2 cup	75	[0.0]	*	*	[0.0]	*	*	*	4.0
Peppers, sweet, green, raw, chopped	1/2 cup	50	[0.0]	0.6	0.6	[0.0]	*	*	0.0	1.2
Potatoes:										
Baked:										
Flesh	1/2 cup	61	[0.0]	0.2	0.2	[0.0]	0.1	*	0.4	[1.0]
Flesh and skin	1 potato	202	[0.0]	[0.8]	[0.8]	[0.0]	[0.6]	*	[1.2]	[3.2]
Skin	from 1 potato	58	[0.0]	0.2	0.2	[0.0]	0.3	*	0.1	[0.8]
French-fried	1 serving	68	[0.0]	0.1	0.1	0.0	0.1	0.0	*	0.3
Hashed-brown	1 serving	55	[0.0]	0.1	0.0	0.0	0.1	0.0	*	0.1
Pumpkin:										
Raw, cubed	1/2 cup	58	[0.0]	1.0	0.8	[0.0]	0.8	*	*	[2.6]
Cooked, mashed	1/2 cup	122	[0.0]	[1.6]	[1.2]	[0.0]	[1.2]	*	*	[4.0]
Radishes, chinese, raw, sliced	1/2 cup	44	[0.0]	*	*	[0.0]	*	*	*	1.1
Radishes, common, raw	10 radishes	45	[0.0]	0.5	0.3	[0.0]	0.2	*	*	1.2
Radishes, icicle, raw, sliced	1/2 cup	50	[0.0]	*	*	[0.0]	*	*	*	1.2
Rutabagas, raw, cubed	1/2 cup	70	[0.0]	2.2	1.0	[0.0]	0.6	*	*	3.9
Salsify, raw, sliced	1/2 cup	67	[0.0]	*	*	[0.0]	*	*	*	1.9
Salsify, black, raw, sliced[2]	1/2 cup	67	[0.0]	0.0	0.1	[0.0]	0.7	*	*	[0.8]
Shallots, raw, chopped	1 tbsp	10	[0.0]	*	0.0	[0.0]	0.2	*	*	0.3
Spinach:										
Raw, chopped	1/2 cup	28	[0.0]	0.0	0.0	[0.0]	0.0	*	0.0	0.1
Cooked	1/2 cup	90	[0.0]	0.0	0.0	[0.0]	0.0	*	*	*
Squash, raw, sliced	1/2 cup	65	[0.0]	0.6	0.6	[0.0]	0.1	*	*	1.4
Sweetpotatoes:										
Raw	1 potato	130	[0.0]	0.6	0.4	[0.0]	3.6	*	*	7.4
Baked, cubed	1/2 cup	88	[0.0]	*	*	[0.0]	*	*	*	9.9
Canned, vacuum pack	1 cup	200	[0.0]	*	*	[0.0]	*	*	*	30.8
Taro, raw, sliced	1/2 cup	52	[0.0]	*	*	[0.0]	*	*	*	0.4
Tomatoes:										
Raw	1 tomato	123	[0.0]	1.4	1.7	[0.0]	0.0	*	0.6	3.4
Cooked	1/2 cup	120	[0.0]	1.6	1.8	[0.0]	0.0	*	0.5	[3.8]
Canned, solids and liquid	1/2 cup	120	[0.0]	1.2	1.4	[0.0]	0.0	*	0.4	[3.0]
Tomato catsup--See MISCELLANEOUS.										
Tomato juice, canned	1/2 cup	122	[0.0]	1.7	2.3	0.0	0.0	0.0	*	[4.0]

[2] Value from similar food.

Table 2. Sugar Content of Selected Foods, Common Measures, Edible Portion—Con.

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present; [0.0] denotes lack of data for sugar thought not to be present; brackets around Total sugars data denote calculated value]

Food item	Common Measure	Weight	Monosaccharides			Disaccharides			Other sugars	Total sugars
			Galactose	Glucose	Fructose	Lactose	Sucrose	Maltose		
		grams	grams							
Vegetables—Con.										
Tomato products, canned:										
Paste	1/2 cup	131	[0.0]	1.4	1.7	[0.0]	0.0	*	*	[3.1]
Puree	1 cup	250	[0.0]	7.2	8.5	[0.0]	*	*	*	*
Sauce	1/2 cup	122	[0.0]	2.4	2.2	[0.0]	*	*	*	*
Turnips, cubed:										
Raw	1/2 cup	65	[0.0]	1.9	*	[0.0]	0.5	*	*	2.5
Cooked	1/2 cup	78	[0.0]	*	*	[0.0]	*	*	*	*
Turnip greens, chopped:										
Raw	1/2 cup	28	[0.0]	0.3	0.2	[0.0]	0.1	*	*	[0.6]
Cooked	1/2 cup	72	[0.0]	0.1	0.0	[0.0]	0.0	*	*	0.1
Vegetable juice, canned	1/2 cup	121	[0.0]	1.6	2.3	0.0	0.2	0.0	*	4.0
Waterchestnuts, raw, unpeeled	1 nut	12	[0.0]	*	*	[0.0]	*	*	*	0.6
Watercress, raw	1 sprig	2	[0.0]	0.0	0.0	[0.0]	0.0	*	*	0.0
Waxgourd, raw, cubed	1 cup	132	[0.0]	0.7	0.7	[0.0]	0.0	*	*	[1.4]
Yams, cubed:										
Raw	1/2 cup	75	[0.0]	0.0	0.0	[0.0]	0.3	0.0	*	0.4
Cooked	1/2 cup	68	[0.0]	0.0	0.0	[0.0]	[0.3]	[0.0]	*	[0.3]
Miscellaneous										
Carob powder, sweetened	2 tbsp	13	[0.0]	1.2	[0.0]	[0.0]	3.3	-	-	[4.5]
Chocolate, baking	1 oz	28	-	0.0	0.1	*	0.1	*	*	[0.2]
Cocoa, powder:										
Natural	1 oz	28	-	0.0	0.2	*	0.1	*	*	*
Dutch	1 oz	28	-	0.0	0.2	*	0.1	*	*	*
Dressing:										
Caesar	1 tbsp	15	[0.0]	0.2	0.1	0.0	0.1	0.1	-	0.4
Cole slaw	1 tbsp	15	[0.0]	0.7	0.6	0.0	2.0	0.0	-	3.2
French, low-calorie	1 tbsp	16	[0.0]	1.2	1.1	0.0	0.8	0.0	-	3.1
Russian	1 tbsp	16	[0.0]	2.8	0.3	0.0	1.0	0.9	-	5.0
Russian, low-calorie	1 tbsp	15	[0.0]	2.4	1.8	0.0	0.0	0.0	-	4.2
Sandwich spread	1 tbsp	15	[0.0]	0.7	0.6	0.0	1.2	0.0	-	2.5
Steak sauce	1 tbsp	17	[0.0]	1.1	0.6	0.0	0.3	0.2	-	2.2
Tomato catsup	1 tbsp	15	[0.0]	1.1	0.5	[0.0]	*	*	*	[1.7]

Table 3. Raffinose and Stachyose in Selected Foods, 100 Grams, Edible Portion

[Dash denotes lack of data for sugar that may be present]

Food item	Raffinose	Stachyose
	------- grams --------	
Grains and Cereals		
Amaranth, grain	0.3	-
Millet, proso	0.1	-
Oat bran	0.3	0.2
Oat flour	0.2	0.1
Rice bran	0.1	-
Sorghum, grain	0.1	-
Wheat bran	0.1	-
Wheat flour, white	0.2	-
Whole wheat flour	0.2	-
Legumes[1]		
Adzuki beans, raw	0.2	3.9
Broadbeans:		
Raw	0.3	0.9
Cooked	0.4	0.2
Chickpeas:		
Raw	0.7	2.4
Cooked	0.4	0.5
Black-eyed peas, raw	0.5	2.4
Common beans:		
Raw	0.3	1.5
Cooked	0.2	0.7
Lentils, raw	0.3	1.9
Lima beans, raw	0.4	2.5
Lupins, raw	0.7	3.7
Mung beans:		
Raw	0.8	1.4
Cooked	0.3	0.3
Peanuts, dried	0.1	0.4
Peas, split, raw	0.7	2.1
Pigeonpeas:		
Raw	0.7	1.4
Cooked	0.4	0.4
Soybeans, raw	0.7	3.2
Soyflour, dehulled, defatted	0.8	4.6
Winged beans, raw	1.3	2.9
Nuts and Seeds		
Cottonseed flour, defatted	9.2	0.8
Peanuts--See LEGUMES.		
Pistachios, dried, shelled	0.6	0.1
Sesame flour, defatted	0.2	0.2
Sunflower flour, defatted	3.0	-
Vegetables		
Beets, raw	0.1	0.0
Broccoli, raw	0.1	0.2
Brussels sprouts, raw	0.2	-
Cabbage, raw	0.1	0.1
Carrots, raw	0.1	0.1
Cauliflower, raw	-	0.1
Chicory, raw	1.2	0.3
Corn, sweet, raw	0.2	0.2
Leeks, raw	0.1	0.6
Lettuce, cos, raw	0.1	-
Onions, mature, raw	1.4	0.7
Parsley, raw	0.3	-
Parsnips, raw	0.6	0.0
Pepper, sweet, green, raw	0.1	-
Pumpkin, raw	0.1	0.1
Salsify, black, raw	1.6	1.1
Squash, raw	0.1	0.1
Tomato paste	0.0	-

[1] Mature seeds.

Table 4. Mannitol and Sorbitol in Selected Foods, 100 Grams, Edible Portion

[Asterisk denotes lack of data for sugar known to be present; dash denotes lack of data for sugar that may be present]

Food item	Mannitol	Sorbitol
	------- grams -------	
Beverages		
Beer, light	-	0.0
Beer, regular	-	0.0
Fruits and Fruit Juices		
Apples, raw, unpeeled	-	0.3
Apple juice, canned, unsweetened	-	1.0
Apricots, raw	-	0.8
Cherries, raw, sour	-	1.0
Cherries, raw, sweet	-	2.1
Grapes, raw, American	-	0.1
Nectarines, raw	-	0.6
Peaches:		
Raw	-	0.2
Canned, juice pack	-	*
Dried	-	*
Pears, raw	-	2.3
Plums, raw, common	-	0.6
Prunes, dried	-	12.0
Vegetables		
Carrots, raw	0.2	-
Celery, raw	0.1	-
Cucumber, raw	0.1	-
Onions, mature, raw	0.1	-
Radishes, common, raw	0.1	-

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