

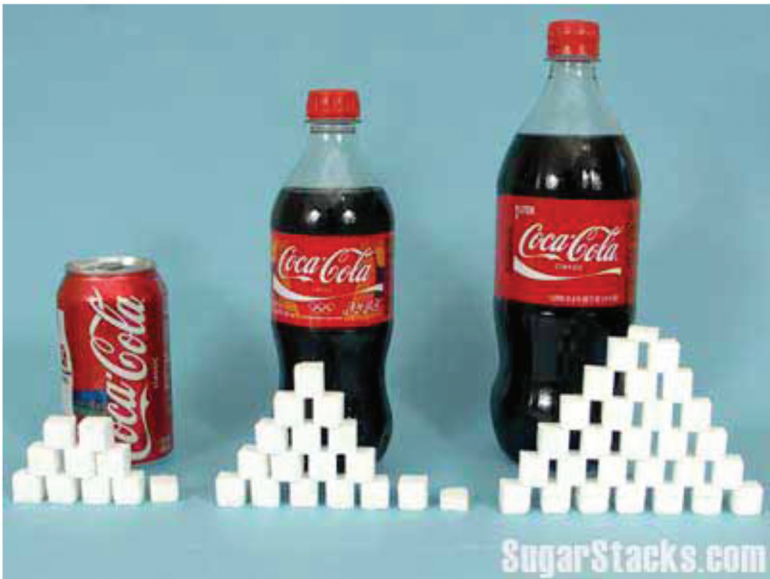
# Sugar Stacks



## Would you eat a stack of 16 sugar cubes?

A label can tell you there are 39 grams of sugar in your soda, but what does that much sugar look like?

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39g

65g

108g

Yikes! That's a lot of sugar!

We've used regular sugar cubes (4 grams of sugar each) to show how the sugars in your favorite foods literally stack up, gram for gram.

Compare foods, find out where sugar is hiding, and see how much of the sweet stuff you're really eating.

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Note: We don't differentiate between different types of sugar - i.e., sucrose, fructose, cane sugar, corn syrup, honey, etc., although there are differences in how these sugars are metabolized. We just used cubes of white sugar as a visual aid. Nutritional information was taken from package labels, manufacturer websites, or the USDA nutrient database. Calorie amounts are based on 4 calories per gram of sugar unless otherwise noted.

Sugar Delirium Blog

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Source: [www.sugarstacks.com](http://www.sugarstacks.com)