



100 grams total sugars
Sample meal plan

evening snack 25 g sugars

Almonds
 28 almonds
 1.45 g sugars

0% Greek Yogurt, Vanilla
 1 cup
 23.34 g sugars

breakfast 28 g sugars

Quaker Apple Cinnamon Oats
 1 packet
 13 g sugars

Avocado
 ½ fruit
 .5 g sugars

Banana
 1 medium
 14.3 g sugars

All natural peanut butter
 ¼ tbsp
 .25 g sugars

What does 100 grams of total sugars per day look like?

Brown Rice
 1 cup, cooked
 .75 g sugars

Chicken breast
 100 grams
 0 g sugars

Broccoli
 1 cup
 2.25 g sugars

Teriyaki Sauce
 2 tbsp
 5 g sugars

Raspberries
 1 cup
 5.75 g sugars

Sweet Potato
 1 medium
 5.4 g sugars

100% maple syrup
 1.5 tbsp
 17.8 g sugars

Atlantic Salmon
 100 grams
 0 g sugars

All Bran Granola Bar
 1 bar
 8 g sugars

Unsweetened Soy Milk
 1 cup
 1 g sugars

dinner 14 g sugars

lunch 24 g sugars

afternoon snack 9 g sugars