The following image from the daily mail website provides a visual representation of how much sugar(number of sugar cubes) can be found in various well known brands of food and drink:

<http://i.dailymail.co.uk/i/pix/2012/04/10/article-2127461-1287A0D7000005DC-607_634x365_popup.jpg>

1. BOTTLE OF COKE (500ml); 2. JORDANS FRUSLI BAR, BLUEBERRY; 3. VOLVIC TOUCH OF FRUIT LEMON AND LIME (1.5 litre); 4. RED BULL (250ml); 5. BEN & JERRY'S PHISH FOOD ICE CREAM (500ml); 6. TESCO CHICKEN KORMA & PILAU RICE (550g); 7. INNOCENT MANGOES & PASSION FRUITS SMOOTHIE (250ml); 8. 1 TBSP (15ml) KETCHUP; 9. BB Q PRINGLES, (190g); 10. 2 MCVITIES DIGESTIVES; 11. NEW COVENT GARDEN PLUM TOMATO & MASCARPONE SOUP (600g); 12. PRET CORONATION CHICKEN & CHUTNEY SANDWICH; 13. MCDONALD'S LARGE STRAWBERRY MILKSHAKE; 14. WAITROSE LOVE LIFE CRAYFISH & MANGO SALAD; 15. SUN-MAID RAISINS (14g); 16. MULLER LIGHT STRAWBERRY (175g pot); 17. 1 BANANA; 18. DOLMI O BOLOGNESE ORIGINAL SAUCE (500g jar); 19. 1 PLAIN BAGEL; 20. GLASS OF TROPICANA SMOOTH ORANGE JUICE (200ml); 21. GLASS SEMI SKIMMED MILK (200ml); 22. APPLE; 23. BRAN FLAKES (30g with milk, 125ml); 23. BRAN FLAKES (30g with milk, 125ml) ; 24. STARBUCKS SIGNATURE GRANDE HOT CHOCOLATE & CREAM; 25. MCDONALDS FILLET-O-FISH; 26. GALAXY BAR (125g)

**1. BOTTLE OF COKE (500ml) 10½ CUBES**

Coca-cola is one of the worse offenders when it comes to sugary drinks, with a 500ml bottle containing your recommended daily allowance.

**2. JORDANS FRUSLI BAR, BLUEBERRY, 2 CUBES**

Along with the undisputed benefits of wholegrains, you get 2tsp of sugar. Some comes from the fruits and some is added to boost taste.

**3. VOLVIC TOUCH OF FRUIT LEMON AND LIME (1.5 litre) 16½ CUBES**

This flavoured water may look healthy, but the high sugar content makes it equivalent to sugary pop.

**4. RED BULL (250ml) 5½ CUBES**

This drink is well-known for its high caffeine content, but it also contains a lot of sugar.

**5. BEN & JERRY'S PHISH FOOD ICE CREAM (500ML ), 28 CUBES**

There are dairy sugars in this ice cream, but the sweetness will overwhelmingly come from added sugars.

**6. TESCO CHICKEN KORMA & PILAU RICE (550g), 3 CUBES**

Sweeter, creamier sauces contain added sugar, and often in quite high quantities.

**7. INNOCENT MANGOES & PASSION FRUITS SMOOTHIE (250ml), 6 CUBES**

Some of the fruit in smoothies is whole fruit that’s crushed, and so it still contains fibre. This isn’t as bad for you as pure juice, which counts as added sugar.

**8. 1 TBSP (15ml) KETCHUP, 1 CUBE**

Sugar is added to ketchup to achieve that characteristic taste, though some comes from the tomatoes.

**9. BB Q PRINGLES, (190g), 1½ CUBES**

The sugar turns up in the BBQ ‘ flavour’, which is largely sugar.

**10. 2 MCVITIES DIGESTIVES, 1 CUBE**

Though digestives are considered by many to be one of the healthier biscuits, two still contain one lump of sugar.

**11. NEW COVENT GARDEN PLUM TOMATO & MASCARPONE SOUP (600g), 6 CUBES**

Sugar is added to this soup, but much of it comes from the high concentration of tomatoes, which means it is classed as ‘good’ naturally occurring sugar.

**12. PRET CORONATION CHICKEN & CHUTNEY SANDWICH, 2½ CUBES**

Sandwiches are a common, but unlikely sources of sugar. Some here will come from the bread, but most from the chutney.

**13. MCDONALD'S LARGE STRAWBERRY MILKSHAKE, 16 CUBES**

Though this is very high, some will come from the milk.

**14. WAITROSE LOVE LIFE CRAYFISH & MANGO SALAD, 2 CUBES**

A reminder to watch out for sugar in salads — this one has a Thai dressing packed with sugar, plus some less damaging sugar in the mango.

**15. SUN-MAID RAISINS (14g), 2 CUBES**

Not the unhealthier ‘bad’ sugar found in sweets, but it can quickly add up if you have anything more than the smallest serving.

**16. MULLER LIGHT STRAWBERRY (175g pot), 2½ CUBES**

Many low-fat foods contain high amounts of sugar to compensate for the lack of taste and texture.

**17. 1 BANANA, 4 CUBES**

Bananas are high in natural sugar that’s healthy in moderation.

**18. DOLMIO BOLOGNESE ORIGINAL SAUCE (500g jar), 6½ CUBES**

Most tomato pasta sauces contain added sugars to boost the taste, though some will also occur naturally in the tomatoes.

**19. 1 PLAIN BAGEL, 1 CUBE**

Notice a cloying sweetness in some bagels? That’s from the teaspoon or so of sugar added to each one.

**20. GLASS OF TROPICANA SMOOTH ORANGE JUICE (200ml), 3½ CUBES**

Though sugar in the whole fruit counts as ‘good’ sugar, juicing removes the fibre, so it is classified as the more harmful ‘added sugar’.

**21. GLASS SEMI SKIMMED MILK (200ml), 2 CUBES**

Milk sugar doesn’t count as the harmful added kind because it is released slowly in the body.

**22. APPLE, 2½ CUBES**

Though apples contain a surprisingly high amount of sugar, it’s ‘good’ sugar, encased in fibre.

**23. BRAN FLAKES (30g with milk, 125ml), 2½ CUBES**

Bran Flakes are 22 per cent sugar, but here milk adds half a cube.

**24. STARBUCKS SIGNATURE GRANDE HOT CHOCOLATE & CREAM, 9½ CUBES**

Some of this sugar may come from the milk, and so count as ‘good’ naturally occurring sugars, but the majority will be added sugar.

**25. MCDONALDS FILLET-O-FISH, 1 CUBE**

The sugar probably comes from the tartare sauce and the sweet buns.

**26. GALAXY BAR (125g), 14 CUBES**

As well as fat, you’ll also receive a large dose of sugar — remember to keep it as a treat.

Source for further information: <http://www.dailymail.co.uk/health/article-2127461/Secret-sugars-food-From-cubes-salad-16-half-bottled-water-youre-eating-realising-it.html#ixzz2uM4ZY3YZ>