

EATING for GOOD LUCK

foods high in sugar

Foods high in sugar content can cause various diseases such as diabetes.



CEREAL BAR

a 30 g bar can contain up to 3 teaspoons of sugar.



Salty cookies

Both that they are called salty and their flavor does not have to deceive us, since they are made with refined flours and a variety of sugary additives. Consequently, with only two cookies we can be taking up to 5 g of sugar.



Frozen pizza

We know that it is a very frequent resource for Friday and weekend dinners, but it can represent an added load of sugar (up to 8 g per 100 g serving) if it contains ingredients such as sweet dough, caramelized onion, goat cheese, pineapple or salsa.



Chicken sandwiches

They are an amazing source of hidden sugar. Those sandwiches packed with chicken, lettuce and some sauce can contain 15 to 20 g of sugar, about 3 or 4 teaspoons.