

Mayo Clinic Minute

Hidden Sugars

Video	Audio
	You probably wouldn't pour sugar on a burger –
	<i>ketchup squirting</i>
	but that's what you get with almost every squirt of ketchup.
KATHERINE ZERATSKY	One tablespoon of ketchup actually has about a teaspoon of sugar in it.
	Mayo Clinic dietitian Katherine Zeratsky says condiments and sauces can be full of added sugar. And you may find it hiding at your breakfast table.
Title: KATHERINE ZERATSKY DIETITIAN Mayo Clinic	When you are choosing a milk-based product like a smoothie or something that contains yogurt, there will be natural sugar in there.
KATHERINE ZERATSKY	If it is about 8 ounces and has about 10 to 12 grams of sugar in it, that's natural sugar. That's coming from the milk. Anything above that is probably added.
JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic	Extra sugar can be hiding in your canned fruit, too. For example, choosing pineapple in juice eliminates 10 grams of sugar per serving over the same fruit in heavy syrup.
	<i>pouring soda</i>
	And take a look at the sugar in soda.
KATHERINE ZERATSKY	This tube is representative of a 12-ounce can of soda.
	There's even more in a bottle of soda or a sports drink.
KATHERINE ZERATSKY	It's an easy place to really cut back on the amount of added sugars or hidden sugars in your diet.
Graphic	For the Mayo Clinic News Network, I'm Jeff Olsen.