

Fructose Overload

Common High Fructose Containing Foods in Grams per Serving or 200-Calorie Proportions

Many of the innocent-looking foods that you eat every day contain massive amounts of sugar that can severely damage your health. Dr. Richard Johnson, author of book *The Fat Switch*, warns you against eating foods that contain excessive amounts of fructose. Are you consuming any of these on a daily basis?

Sugar in a Cup : Fructose-Filled Beverages

Soda

Fact

The average American drinks more than 60 gallons of soft drinks each year. ¹

32 oz container



52 grams

16 oz container



26 grams

12 oz container



22 grams

Fruit Juices

Before buying any commercial fruit drink, check the label first – most fruit juices contain high fructose corn syrup (HFCS) and artificial flavors. ²



Unsweetened Apple Juice ... 16 grams/8 oz

Fruit Punch ... 14 grams/8 oz

Cranberry Juice Cocktail ... 13 grams/8 oz

Fruit Drink (25% apple juice) ... 12 grams/8 oz

Pineapple Juice ... 11 grams/8 oz

Orange Juice ... 11 grams/8 oz

Lemonade ... 10.5 grams/8 oz