

How Much Sugar Is in That?

Sugar is getting a lot of sour press lately — being fingered as the major culprit in the obesity epidemic and linked to the development of [cardiovascular disease](#) and other ailments. California researchers recently said that sugar is so harmful to public health that it should be a controlled substance, like alcohol and tobacco. Naturally occurring sugars found in fruits, veggies, and milk are not the issue. It's the [added sugars](#) that manufacturers put in foods during processing that have critics crying foul.

The American Heart Association recommends that women should consume no more than 6 teaspoons of added sugar a day (that's 24 grams) and men should not exceed 9 a day (36 grams). Most Americans, though, eat much more than the recommended amounts.

If you're trying to lay off the sweet stuff, you know to avoid candy, soft drinks, and other obvious foods with sugar. But could you unwittingly be consuming extra sugar in foods you wouldn't suspect of having high-sugar content? We played sugar detective with **Franci Cohen, a certified nutritionist, personal trainer, and exercise physiologist in Brooklyn, N.Y.**, to uncover some hidden foods with sugar. So if you're curious about how much sugar is in that favorite food, take this quiz to find out whether you're sugar savvy or a sugar slacker.