Sugars in food



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| Food | grams of sugar per 100g |
| Custard | 9.8 |
| rice pudding | 8.3 |
| Maltesers truffles | 49 |
| Honey | 81 |
| brown wholemeal bread | 2.4 |
| Doritos | 2.7 |
| cheddar cheese muffins | 4.5 |
| smooth peanut butter | 3.1 |
| pineapple slices in syrup | 15 |

Conclusions

1. Doritos aren’t sweet, so it was surprising that they contain sugar.
2. The honey had the most sugar of everything we looked at.