

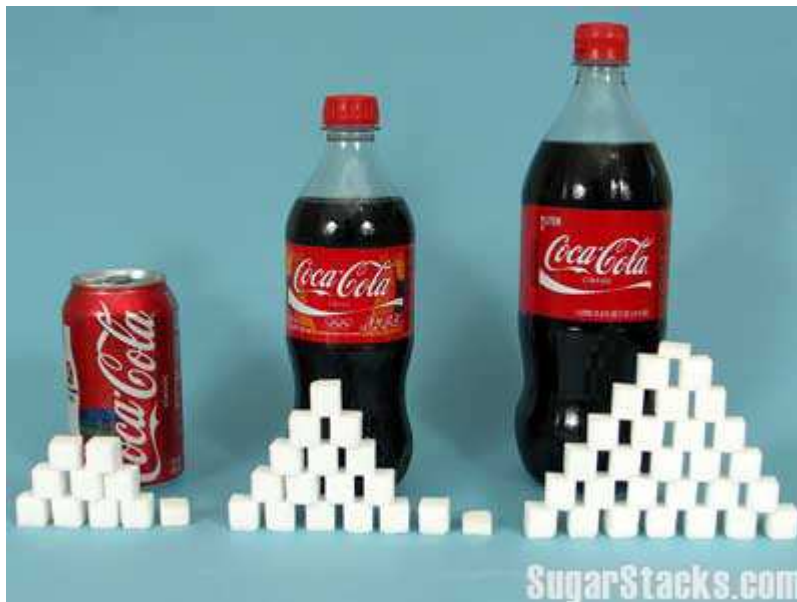
<http://www.sugarstacks.com/>



Would you eat a stack of 16 sugar cubes?

A label can tell you there are 39 grams of sugar in your soda, but what does that much sugar look like?

[Check out our blog](#) and [follow us on Twitter](#).



39g

65g

108g

Yikes! That's a lot of sugar!

We've used regular sugar cubes (4 grams of sugar each) to show how the sugars in your favorite foods literally stack up, gram for gram.

Compare foods, find out where sugar is hiding, and see how much of the sweet stuff you're really eating.