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Products	BU/Carbs (1 BU=10-12 Carb Grams)	Amount of Sugar in Comparison Product: Orange Juice:	Apple (150 g / 5.3 oz)
	0,3	 <  Sugar	 ca 1/7 Apple
	0,68	 <  Sugar	 ca 1/3 Apple
	0,5	 <  Sugar	 ca 1/4 Apple
	0,3	 <  Sugar	 ca 1/7 Apple
	0,3	 <  Sugar	 ca 1/19 Apple
	0,1	 <  Sugar	 ca 1/19 Apple