

# THE MANY NAMES OF SUGAR



We tend to think that added sugar is mainly found in desserts like cookies and cakes, but SUGAR IS A MASTER OF DISGUISE. It's also found in many savory foods, such as bread and pasta sauce.

Currently there are at least 61 names food manufacturers use for sugar, which means it's our job to be educated consumers!

In fact, manufacturers add sugar to over 70% of packaged foods sold in supermarkets and many of these foods are promoted as "natural" or "healthy" when in all actuality, they are loaded with added sugars.

So, even if you skip dessert, you may still be consuming more added sugar than you realize.

Becoming a savvy label reader is a necessary requirement when making sustainable health changes. You don't have to commit this list to memory, but when you're shopping don't be afraid to pull out your phone and look up what it is you're thinking of putting in your body!

- Agave nectar
- Barley malt
- Beet sugar
- Blackstrap molasses
- Brown rice syrup
- Brown sugar
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut sugar
- Confectioners sugar (powdered sugar)
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Date sugar
- Demerara sugar
- Dextrin
- Dextrose
- Diastatic maltD-ribose
- Ethyl maltol
- Florida crystalsfructose
- Fruit juice
- Fruit juice concentrate
- Galactose
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- High fructose corn syrup
- Honeylcing sugar
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrinmaltose
- Maple syrup
- Molasses
- Muscovado sugar
- Panela sugar
- Rapadura
- Raw sugar
- Refiner's syrup
- Rice syrup
- Sorghum syrup
- Sucanat
- Treacle sugar
- Turbinado sugar
- Yellow sugar

My **preferred** sources of sweetenrs:

- Honey
- Maple Surup
- Black Strap Mollases