

Sugar

Types and Names to Look For



Agave Nectar	Diastase	Maltose
Barley Malt	Diastatic malt	Maple syrup
Beet sugar	Ethyl maltol	Molasses
Blackstrap Molasses	Evaporated Cane Juice	Muscovado sugar
Brown Rice Syrup	Florida crystals	Panela sugar
Brown sugar	Fructose	Raw sugar
Buttered sugar/buttercream	Fruit Juice	Refiner's sugar
Buttered syrup	Fruit Juice Concentrate	Refiner's syrup
Cane sugar	Galactose	Rice Syrup
Caramel	Golden sugar	Sorbitol
Carob Syrup	Golden Syrup	Sorghum syrup
Castor sugar	Glucose	Sucanat
Coconut sugar	Glucose syrup solids	Sucrose
Confectioner's sugar	Granulated sugar	Sugar
Corn Syrup	Grape sugar	Syrup
Corn Syrup Solids	High Fructose Corn Syrup	Table sugar
Crystalline fructose	Honey	Treacle
Date sugar	Icing sugar	Turbinado sugar
Demerara sugar	Invert sugar	Yellow sugar
Dextrane	Lactose	
Dextrin	Malt syrup	
Dextrose	Maltodextrin	

Sweeteners

Types and Names to Look For

Avoid/Reduce	Sorbitol
Aspartame	Twinsweet
Saccharine	Sweet 'n Low
Acesulfame K (Ace-K)	Yacon Syrup
Sucralose	
Maltodextrin	
Polydextrose	
Truvia	
Agave Nectar	
Alitame	
Cyclamate	
Dulcin	
Equal	Better Choices (organic/whole)
Kaltame	Stevia
Mogrosides	Coconut Sugar
Neotame	Raw Honey
NutraSweet	Monk Fruit
Nutrinova	Maple Syrup
Phenylalanine	Erythritol
Splenda	Xylitol (Birch wood source)

Common Products with Hidden/Added Sugars & Sweeteners

- ◆ Toothpaste and mouthwash
- ◆ Chewable Vitamins
- ◆ Cough Syrup and Liquid Medicines
- ◆ Chewing Gum
- ◆ No-calorie drinks and flavored waters
- ◆ Alcoholic beverages
- ◆ Salad dressings
- ◆ Condiments and sauces
- ◆ Yogurt
- ◆ Fruit Juices
- ◆ Prepared Meats
- ◆ Protein Bars
- ◆ Protein Powders
- ◆ Bread
- ◆ Crackers
- ◆ Cookies and Desserts
- ◆ Candies
- ◆ Snack foods
- ◆ Cereals
- ◆ Trail Mix
- ◆ Dried Fruit

Nearly every pre-made, pre-packaged product on the market!

Look for these indicators in the ingredient list:

- ◆ Words that end in -ose
- ◆ Syrups
- ◆ Nectars
- ◆ Juices
- ◆ Any mention of sugar or sweetener

Many foods that contain fruit flavors don't actually contain any real fruit! Read labels carefully to ensure you're actually getting what you pay for!