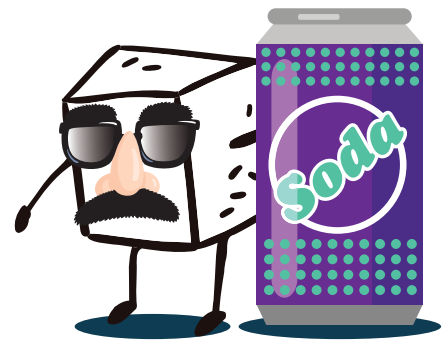


YOUR SUGAR DECODER

60 NAMES FOR SUGAR



Agave nectar	Corn sweetener	Golden syrup	Palm sugar
Barbados sugar	Corn syrup	Grape sugar	Powdered sugar
Barley malt	Corn syrup solids	HFCS (High-Fructose Corn Syrup)	Raw sugar
Barley malt syrup	Date sugar	Honey	Refiner's syrup
Beet sugar	Dehydrated cane juice	Icing sugar	Rice syrup
Brown sugar	Demerara sugar	Invert sugar	Saccharose
Buttered syrup	Dextrin	Malt syrup	Sorghum Syrup
Cane juice	Dextrose	Maltodextrin	Sucrose
Cane juice crystals	Evaporated cane juice	Maltol	Sugar (granulated)
Cane sugar	Free-flowing brown sugars	Maltose	Sweet Sorghum
Caramel	Fructose	Mannose	Syrup
Carob syrup	Fruit juice	Maple syrup	Treacle
Castor sugar	Fruit juice concentrate	Molasses	Turbinado sugar
Coconut palm sugar	Glucose	Muscovado	Yellow sugar
Coconut sugar	Glucose solids		
Confectioner's sugar	Golden sugar		

WATCH-OUT FOR THE "SUGAR-FREE" LABEL

It could mean a few things:

1) IT'S FREE OF ADDED SUGAR LIKE WHITE SUGAR OR BROWN SUGAR.

Great...but check the ingredient list. You could very well see other sources of sugar like honey, brown rice syrup, maple syrup, agave nectar, date puree, molasses, etc on the list, meaning it's not sugar-free.

2) THERE'S NO ADDED SUGAR.

Again, does not always mean sugar-free. Many foods contain naturally occurring sugars. For example, fructose is the naturally occurring sugar in fruit and lactose is the naturally occurring sugar in milk. So, say you're drinking a glass of orange juice. It may be made from just one ingredient- oranges- and therefore have no added sugar, but there's still 20+ grams of sugar in that glass.

3) IT'S MADE WITH SUGAR SUBSTITUTES.

While the product technically may be sugar-free, it does contain artificial sweeteners, sugar alcohols, etc. It's up to you to make the choice whether you want to consume these products, but you should, at a minimum, be aware of the ones you're consuming so you can do your research.

