

HIDDEN SUGARS TO WATCH OUT FOR

(Even “healthy” foods can sneak them in)

When you read a food label, look for these words — they all mean sugar:

COMMON NAMES FOR SUGAR

- Brown sugar
- Cane sugar / cane juice
- Beet sugar
- Turbinado sugar
- Coconut sugar
- Raw sugar

CHEMICALLY NAMED SUGARS

- Glucose
- Fructose
- Sucrose
- Lactose
- Maltose
- Dextrose

NATURAL-SOUNDING SUGARS

- Honey
- Molasses
- Date sugar or date paste
- Agave nectar
- Fruit juice concentrate

OTHER SNEAKY SOURCES

- Evaporated cane juice
- Maltodextrin
- Barley malt
- Invert sugar
- Caramel (as a sweetener)

SYRUPS

- Corn syrup
- High-fructose corn syrup (HFCS)
- Rice syrup
- Maple syrup
- Golden syrup
- Malt syrup
- Sorghum syrup

Tip: If sugar (by any name) is in the first 3 ingredients on the label — it’s probably too much.