

The many names of sugar?

Did you know that 74% of processed and packaged foods sold in supermarkets contain added sugar? When reading the ingredients on the nutrition label, it is important to look for these hidden sugars.

There are 61 different names for sugar, including:

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



How much sugar is OK?



38 grams
per day
(9 teaspoons)



25 grams
per day
(6 teaspoons)

Source: <http://sugarscience.ucsf.edu/hidden-in-plain-sight/#.Wzve8cQnbcs>