

Added Sugar on Food Labels

Food companies rarely list 'sugar' as an ingredient. The added sugar is often disguised under a different name. There are almost 100 different names for sugar in packaged food! About 80% of the packaged food in a grocery store contains added sugar – it's everywhere. Try to avoid foods with an added sweetener listed in the first 5 ingredients.

Agave nectar	Fruit sugars	Sorbitol
Anhydrous dextrose	Galactose	Sorghum, sorghum syrup
Barbados sugar	Glucitol	Sucanat or sucanet
Beet sugar	Glucamine	Sucrose
Brown sugar	Glucose, glucose solids	Sugar
Buttered syrup	Hexitol	Syrup
Cane, cane juice, cane juice crystals	High-fructose corn syrup	Turbinato sugar
Cane sugar	Honey	Treacle
Caramel	Inversol	White sugar
Carbitol	Isomalt	Xylitol
Carob syrup	Lactose	Xylose
Castor sugar	Malt syrup	
Coconut sugar	Maltodextrin	
Confectioner's sugar	Malted barley	
Corn sweetener	Maltol	
Corn syrup or corn syrup solids	Maltose	
Crystal dextrose	Mannitol	
Demerara sugar	Maple syrup	
Dextrin		
Dextrose	Molasses	
Diglycerides	Muscovado	
Disaccharides	Nectars	
Evaporated cane juice	Palm sugar	
	Panocha	
	Pancake syrup	
	Pentose	
Erythritol	Powdered sugar	
Fructose, fructose sweetener, liquid fructose	Raw sugar	
Fructooligosaccharides	Refiner's syrup	
Fruit juice concentrates or fruit juice	Rice syrup, rice syrup solids	
Fruit syrups	Rice malt	
	Saccharose	