



Types of Sugar

REFINED SUGAR

refined sugar undergoes processing to yield a sweet taste and is frequently identified on product labels

- candy
- cookies, cake, etc.
- baking sugar
- corn syrup
- sweetened beverages
- syrups & jams
- ice cream

SNEAKY SUGAR

hidden sugars are frequently concealed in food products marketed as "healthy"

- yogurt (especially with fruit)
- granola
- energy / granola bars
- packed smoothies
- salad dressings
- nut butter
- kombucha

PRE-SUGAR

pre-sugars may not necessarily have a sweet taste, but they swiftly convert to glucose in your body

- bread
- pasta
- cereal
- crackers
- puffs & pretzels
- white flour-based products
- potato-based products

NATURAL FRUIT SUGAR

the metabolism of fruit sugar is facilitated by the fiber, enzymes, and nutrients found in whole fruits

- grapes
- bananas
- mangos
- cherries
- pineapples
- figs
- pomegranates

