



CHEAT SHEET OF THE MOST COMMON HIDDEN SUGARS

NATURAL SUGARS

FRUCTOSE: FOUND IN FRUITS AND HONEY

GLUCOSE: FOUND IN MANY CARBOHYDRATES

LACTOSE: FOUND IN MILK

SUCROSE: TABLE SUGAR, DERIVED FROM SUGAR
CANE OR BEETS

SYRUPS AND NECTARS

AGAVE NECTAR: SWEETER THAN HONEY, HIGH
IN FRUCTOSE

MAPLE SYRUP: NATURAL, CONCENTRATED
SOURCE OF SUGAR

RICE SYRUP: MADE FROM FERMENTED COOKED
RICE, BREAKS DOWN INTO GLUCOSE

BARLEY MALT SYRUP: POSES A PROBLEM FOR
THOSE WITH GLUTEN INTOLERANCE

BUTTERED SYRUP: MADE FROM BUTTER, SUGAR,
AND EVAPORATED MILK

CAROB SYRUP: CONTAINS 55-75% SUCROSE, 7-16%
FRUCTOSE, AND 7-16% GLUCOSE



SUGAR DERIVATIVES

DEXTROSE: CHEMICALLY IDENTICAL TO GLUCOSE, OFTEN USED IN BAKING

MALTODEXTRIN: A STARCH USED AS AN ADHESIVE, THICKENING AGENT, AND SWEETENER

DEXTRIN: CONTAINS GLUCOSE, USED AS A SWEETENER

OTHER NAMES FOR SUGAR

ANHYDROUS DEXTROSE: A SIMPLE CARBOHYDRATE, COLORLESS, ODORLESS WHITE POWDER

BROWN SUGAR: SUCROSE WITH BROWN COLOR DUE TO MOLASSES

CANE JUICE: EVAPORATED CANE JUICE IS ESSENTIALLY SUGAR

CORN SWEETENER: DERIVED FROM CORN STARCH

DATE SUGAR: DERIVED FROM DATES, HIGH IN CALORIES AND SUGAR

DEMERARA SUGAR: RAW CANE SUGAR WITH BROWN COLORING DUE TO MOLASSES

EVAPORATED CANE JUICE: A DEHYDRATED NATURAL SWEETENER MADE FROM SUGAR CANE

HIGH-FRUCTOSE CORN SYRUP: COMMONLY USED IN PROCESSED FOODS

MOLASSES: A BYPRODUCT OF SUGAR REFINING, RICH IN VITAMINS BUT STILL SUGARY

TURBINADO SUGAR: MADE FROM SUGAR CANE PLANT JUICE

TREACLE: SEE MOLASSES

SORGHUM SYRUP: MADE FROM GLUTEN-FREE GRASS, HAS SAME EFFECT ON BLOOD SUGAR AS TABLE SUGAR