

# Sugar Free? Could be a lie!

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When your food label says sugar free, it's not always true. Start looking at the ingredient lists on your food and use this list to see how many of them are listed.

## The Many Ways to Say Sugar

Agave syrup	Honey
Anhydrous dextrose	Invert sugar
Brown sugar	Lactose
Cane juice	Liquid fructose
Confectioner's powdered sugar	Liquid fructose
Corn sweetener	Malt syrup
Corn syrup	Molasses
Corn syrup solids	Molasses
Crystal dextrose	Nectar
Dextrin	Pancake syrup
Dextrose	Raw sugar
Evaporated corn sweetener	Sucrose
Fructose	Sugar
Fruit juice concentrate	Sugar cane juice
Fruit nectar	Trehalose
Glucose	Turbinado sugar
High-fructose corn syrup	White granulated sugar

CREDIT - AMERICAN COUNCIL ON EXERCISE