

Sneaky Names for Sugar

Uncover the hidden sugars lurking in your food. Many common ingredients are just alternative names for added sugars. Knowing these covert aliases can help you make more informed, healthier choices.

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60 Sugar Aliases

Sneaky Sweeteners

From agave nectar to turbinado sugar, these 60 ingredients all essentially mean one thing: added added sugar.

Sly Substitutes

Companies often use multiple sugar variants to hide to hide the true amount of sugar in a product.

Deceptive Labeling

By spreading out the sugar across different names, products can avoid listing sugar as the primary ingredient.

Tricky Tactic

This strategy allows companies to sidestep regulations and obscure the true sugar content from content from health-conscious consumers.

The Sugar Rogue's Gallery

1

Sweetener Saboteurs

Agave nectar, brown rice syrup, and high-fructose corn syrup are just a few of the sneaky sugar substitutes to watch out for.

2

Clandestine Culprits

Maltose, dextrose, and fruit juice concentrate concentrate may seem innocuous, but they're all they're all just fancy names for added sugars. sugars.

3

Sugar Sleight of Hand

Evaporated cane juice, barley malt, and muscovado sugar are other aliases that allow allow companies to hide the true sugar content. content.

4

Clever Concealment

Vigilance is key when reading labels, as companies use these covert tactics to obscure the obscure the sugar in their products.

How to Spot Hidden Sugars

Read the Label

Scrutinize the ingredient list for for any of the 60 sugar aliases. If If sugar is one of the first few ingredients, the product likely contains a significant amount.

Watch for Multiples

Be wary if you see multiple sugar-related ingredients. This is a telltale sign that the company is trying to hide the true sugar content.

Know the Lingo

Familiarize yourself with the common sugar disguises so you you can identify them quickly and and make informed purchasing purchasing decisions.

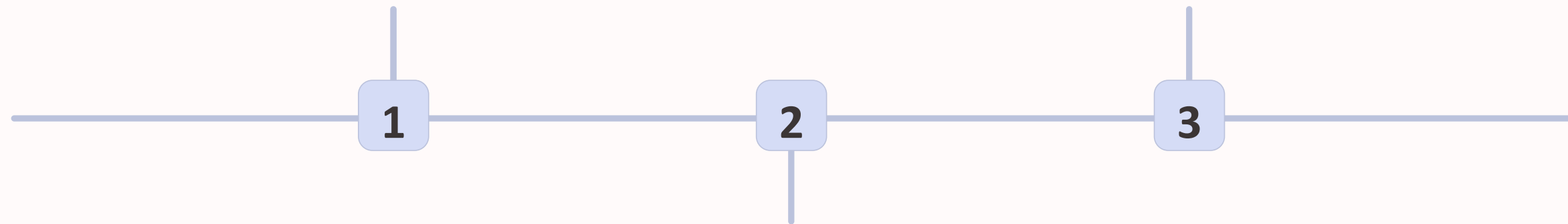
Limit Added Sugars

Check Serving Size

Pay attention to the serving size and the sugar content per serving. This will give you a more accurate picture of how much sugar you're consuming.

Read the Fine Print

Carefully read nutrition labels and ingredient lists to identify and limit your intake of added sugars in processed foods.



Choose Whole Foods

Opt for minimally processed, whole foods that are naturally lower in added sugars, such as fresh fruits, vegetables, and whole grains.

The Importance of Reducing Added Sugars



Heart Health

Excess added sugar intake is linked to an increased risk of heart disease and high blood pressure.



Brain Function

Consuming too much sugar can negatively impact cognitive function and memory.



Weight Management

Reducing added sugars can help support healthy weight and blood sugar levels.



Dental Health

High sugar intake can contribute to tooth decay and other oral health issues.



Taking Control of Your Sugar Intake

1

Awareness

Familiarize yourself with the many names for added sugars and be a savvy label reader.

2

Moderation

Aim to limit your intake of added sugars and focus on getting natural sugars from whole whole foods.

3

Healthy Swaps

Replace sugary snacks and drinks with nutrient-dense alternatives like fresh fruit or unsweetened sparkling water.

Your Sugar-Savvy Journey Begins

Start Reading Labels	Identify Sugar Aliases Aliases	Limit Added Sugars	Enjoy Whole Foods
Be an informed consumer by thoroughly checking ingredient lists for hidden sugars.	Recognize the 60+ names for added sugars to avoid being misled by deceptive labeling.	Aim to reduce your intake of added sugars, which can have negative health impacts.	Choose naturally sweet, nutrient-rich whole foods as a healthier alternative to sugary treats.



Your 'Sneaky Sugar Shortcut' Guide

Start Reading Labels	Identify Sugar Aliases	Limit Added Sugars	Enjoy Whole Foods
Agave Nectar/Syrup Barbados sugar Barley malt Beet sugar Blackstrap molasses Brown rice syrup	Brown sugar Buttered sugar...aka buttercream Cane juice crystals Cane sugar Caramel Carob syrup Castor sugar	Coconut sugar Confectioner's sugar Corn syrup Crystalline fructose Date sugar Dextrin Dextrose	Diastatic malt Ethyl maltol Evaporated cane juice Fructose Fruit juice Fruit juice concentrate Golden syrup



But wait... there's more Sneaky Sugars!

Start Reading Labels	Identify Sugar Aliases	Limit Added Sugars	Enjoy Whole Foods
Galactose Golden sugar Golden syrup Glucose Glucose syrup solids Grape sugar High-Fructose Corn Syrup Honey Invert sugar	Lactose Maltodextrin Malt syrup Maltose Mannose Maple syrup Muscovado sugar Molasses Panela sugar	Palm sugar Panocha Powdered sugar Raw sugar Refiner's syrup Rice syrup	Saccharose Sorghum syrup Sucanat Sucrose Turbinado sugar Treacle Yellow sugar





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