



78 NAMES FOR SUGAR

I am a believer in letting my kids eat sugar ... especially when it's clear that it's sugar they are eating. What do I mean? I mean if they are going to eat sugar, I want to know that's what we're eating. Candy, ice cream, soda, fruit ... these are what they claim to be. It's the hidden sugars, especially in foods that you don't expect, that end up contributing to over consumption.

So how do you spot all the places where sugar is hiding?

Look for these hidden sources of sugar, using
INGREDIENT LISTS & NUTRITIONAL INFORMATION

NATURAL Sources of Sugar

Agave nectar, Barbados sugar, Barley malt, Barley malt syrup, Beet sugar, Blackstrap molasses, Brown rice syrup, Brown sugar, Buttered syrup, Cane juice, Cane juice crystals, Cane sugar, Caramel, Carob syrup, Castor sugar, Coconut palm sugar, Coconut sugar, Confectioner's sugar, Corn sweetener, Corn syrup, Corn syrup solids, Crystalline fructose, D-ribose, Date sugar, Dehydrated cane juice, Demerara sugar, Dextrin, Dextrose, Diastatic malt, Eethyl maltol, Evaporated cane juice, Evaporated fruit juice, Florida crystals, Free-flowing brown sugars, Fructose, Fruit juice, Fruit juice concentrate, Galactose, Glucose, Glucose solids, Golden sugar, Golden syrup, Grape sugar, High-Fructose Corn Syrup (HFCS), Honey, Icing sugar, Invert sugar, Inulin, Isomalt, Lactitol, Lactose, Malt syrup, Maltodextrin, Maltol, Maltose, Mannose, Mannitol, Maple syrup, Molasses, Muscovado, Muscovado sugar, Palm sugar, Panela sugar, Panocha, Powdered sugar, Rapadura, Raw sugar, Refiner's syrup, Rice syrup, Saccharose, Sorghum Syrup, Sucanat, Sucrose, Sugar (granulated), Sweet Sorghum, Syrup, Treacle, Turbinado sugar, Yellow sugar

ARTIFICIAL Sources of Sugar

Acesulfame potassium (acesulfame-K, Ace-K, ACK; brands include Sunett, Sweet One Advantame), Aspartame (aspartyl-phenylalanine-1-methyl ester, brands include Equal Classic, Equal-Measure, NutraSweet, NatraTaste Blue, Spoonful), Birch Xylitol, Erythritol, Hydrogenated starch hydrolysate (HSH), Isomalt (hydrogenated isomaltulose, brands include DiabetiSweet + acesulfame potassium), Lactitol, Maltitol (hydrogenated maltose), Mannitol, Neotame (brands include Newtame), Polydextrose, Saccharin (brands include Equal Saccharin, Necta Sweet, Sugar Twin, Sweet'N Low, Sweet Twin), Sorbitol, Sucralose (brands include Equal Sucralose, NatraTaste Gold, Splenda), Xylitol (non-Birchwood, brands include Xylipure, Xylosweet)