

Be A Label Detective

Processed foods can be packed with sugar. Often the manufacturers of these foods try to hide the amount of sugar by using multiple types so it doesn't show up so early in the ingredients list. Here is a list you can take with you to the grocery store to look for added sugar. Some of these are worse than others when it comes to raising your blood sugar, but this list will give you an idea of how much sugar you are eating.



- Sugar (any type)
- Sucrose
- Fructose
- Glucose
- Brown sugar
- Corn syrup
- Date sugar
- Molasses
- Cane syrup
- Dextrose
- Maltodextrin
- Honey
- Agave nectar
- Barley malt
- Cane juice
- Caramel
- Malt syrup
- Maple syrup
- Muscovado
- Rice syrup
- Sweet sorghum
- Treacle
- Refiner's syrup

Reference: <http://sugarscience.ucsf.edu/hidden-in-plain-sight/#.W46LFpNKjR1>

