Sneaky Names for Sugar

Before you read

Use the “Includes Added Sugars” line on the Nutrition Facts label to check added sugar per serving. Total Sugars also includes naturally occurring sugar, such as that in fruit and milk. An ingredient name alone does not tell you how much added sugar a food contains; use this handout alongside the label, not as a reason to avoid all foods containing natural sugars.

Reference: https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label



Sneaky Names For Sugar

LEARN HOW TO FIND AND LIMIT ADDED SUGARS IN YOUR FOOD.

SUGAR 101

What it does to your body

Sugar may be sweet. But what it does to your health is anything but. Here's what I mean...

How Sugar Affects Your Health

- **Insulin resistance:** Sweetened foods like soda, cookies, and candy spike your blood sugar (also known as blood glucose). As your blood sugar rises, your pancreas pumps out insulin to help get glucose into your cells. But if you eat a high-sugar diet for too long, your body can become less sensitive to insulin. This is known as insulin resistance, and it can lead to diabetes.

- **Weight:** Sugary foods are low in nutrients and fiber, but high in calories. That's why high-sugar diets are linked with weight gain. Also, people who eat more sugar tend to have more visceral fat (aka belly fat), a risk factor for chronic diseases like diabetes, heart disease, and some cancers.

- **Liver:** Your liver uses a form of sugar (fructose) to make fat. Eating too much sugar can cause fatty buildup in the liver and over time, put you at risk of liver disease.

- **Heart:** High sugar diets increase the risk of heart disease, high blood pressure, high triglycerides, and high LDL "bad" cholesterol.

- **Skin:** Diets high in added sugars are linked with acne and premature aging.

- **Mood:** Depression and anxiety are more common in people who eat high-sugar diets. Research shows cutting back on sugar may ease these symptoms.

- **Energy:** Sugar provides an instant source of energy. But soon after, your blood sugar crashes, along with your energy levels.

- **Brain:** When your blood sugar stays high, it damages blood vessels that carry oxygen-rich blood to your brain. This can lead to brain fog, memory and attention issues. High sugar diets also increase the risk of developing dementia.

60 NAMES FOR SUGAR

Added sugar is in nearly every packaged product. Below are ingredients you may see on the package that are alternate names for sugar. Ingredients are listed by percentage within the product; the first ingredient being of the highest quantity. Look to see if multiple ingredients below are listed on the package. Companies will often use different types of sugar so that they don't have to list it has the first ingredient.

Agave Nectar/Syrup
Barbados sugar
Barley malt
Beet sugar
Blackstrap molasses
Brown rice syrup
Brown sugar
Buttered sugar/buttercream
Cane juice crystals
Cane sugar
Caramel
Carob syrup
Castor sugar
Coconut sugar
Confectioner's sugar
Corn syrup
Corn syrup solids
Crystalline fructose
Date sugar
Demerara sugar
Dextrin
Dextrose
Diastatic malt
Ethyl maltol
Evaporated cane juice
Fructose
Fruit juice
Fruit juice concentrate
Golden syrup
Galactose
Golden sugar
Golden syrup
Glucose
Glucose syrup solids
Grape sugar
High-Fructose Corn Syrup (HFCS)
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

