



## Added Sugars



A Sugar by an Other Name Would Taste as Sweet...

Here is a list of some other names for added sugars that may be lurking in your food's ingredient list:

sugar	invert sugar	high fructose corn
sucrose	maple syrup	syrup
glucose	raw sugar	malt
white sugar	beet sugar	malt syrup
brown sugar	cane sugar	syrup
confectioner's sugar	corn sweeteners	molasses
corn syrup	evaporated cane	turbinado sugar
agave	juice	fruit juice
dextrin	fructose	concentrate
honey	crystalline fructose	brown rice syrup

For Reference, there are 4 grams of sugar in one teaspoon of sugar (and 16 calories).

The American Heart Association recommends that men have less than 9 teaspoons per day of added sugar and women have less than 6 teaspoons per day of added sugars.

