



HIDDEN SUGARS

Hidden Sugars

Manufacturers of food products like to be very sneaky & slip sugars in without us knowing. Here are some of the names of these "hidden" ingredients we need to be on the lookout for:

Sugar Alcohols (end in "-ol"). These are generally fine. Side effects could be bloating:

- Erythritol
- Glycerol
- Malitol
- Mannitol
- Sorbitol
- Xylitol

Artificial Sweeteners - stay far away from:

- Acesulfame
- Aspartame potassium [Equal, NutraSweet]
- Neotame
- Saccharin [Sweet 'N Low]
- Sucralose [Splenda]

Added Sugars (the words "sweetener", "syrup", "-ose" "fruit juice" should always be considered sugars):

- Agave
- Barley malt
- Beet sugar
- Blackstrap molasses
- Brown rice syrup
- Cane sugar/juice
- Caramel
- Carob syrup
- Coconut sugar
- Corn syrup
- Dextrose
- Diastase
- Date sugar
- Dextrin
- Diastatic malt
- Evaporated cane syrup/juice
- Fructose
- Galactose
- Glucomalt
- Glucose
- Grape juice concentrate
- Grape must
- High fructose corn syrup
- Honey
- Lactose
- Maltodextrin
- Maltose
- Maple syrup
- Palm sugar
- Rice syrup
- Saccharose
- Sorghum syrup
- Sucrose
- Treacle
- Xylose