

46 Sneaky Names for sugar

HOW MANY ARE FOOLING YOU?



Americans are drowning in the sweet stuff. We're eating and drinking about 22 teaspoons per day—some 355 calories—equal to about 150 pounds per year!



Our daily intake of added sugars is 2-3 times more than the recommended limit of 6 teaspoons for women (9 for men).

SUGAR SHOCKERS { There are more than 200 types of added sugars used in processed foods and beverages. Added sugars are used in more than 75 percent of the products sold in supermarkets—often in unexpected items, like bread, salty snacks and condiments.

46 names for added sugars

USED IN PROCESSED FOODS AND BEVERAGES:

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|--------------------------|---|---------------------|
| 1. Agave | 17. Diatase | 32. Lactose |
| 2. Barley malt | 18. Date sugar | 33. Maltodextrin |
| 3. Beet sugar | 19. Dextrin | 34. Maltose |
| 4. Blackstrap molasses | 20. Dextrose | 35. Maple syrup |
| 5. Brown sugar | 21. Diastatic malt | 36. Palm sugar |
| 6. Brown rice syrup | 22. Evaporated cane juice | 37. Raw sugar |
| 7. Cane sugar | 23. Fructose (High fructose corn syrup) | 38. Rice syrup |
| 8. Cane juice | 24. Fruit sugar | 39. Refiner's syrup |
| 9. Caramel | 25. Galactose | 40. Saccharose |
| 10. Carob syrup | 26. Glucomalt | 41. Sorghum syrup |
| 11. Coconut sugar | 27. Glucose | 42. HSucrose |
| 12. Coconut palm sugar | 28. Grape juice concentrate | 43. Sugar |
| 13. Confectioner's sugar | 29. Grape sugar | 44. Treacle |
| 14. Corn sweetener | 30. Honey | 45. Turbinado Sugar |
| 15. Corn syrup | 31. Invert Sugar | 46. Xylose |

THE 5 MOST COMMONLY USED SWEETENERS:

Corn syrup, sorghum, cane sugar, high-fructose corn syrup, fruit juice concentrate.



A cup of fruit-on-the-bottom yogurt can have 30 or more grams of sugar—some 7-8 teaspoons!

Top 5 sources of added sugars



sweetened beverages



baked goods



dairy desserts



candy



cereal

13 SCARY SIDE EFFECTS OF TOO MUCH SUGAR

Obesity, type 2 diabetes, tooth decay, heart disease, premature aging, fatty liver, poor memory, weaker bones, inflammation, kidney stones, acne, depression, belly fat

Sources: USDA, ERS, Agriculture Fact Book, Profiling food choices in America. <http://www.usda.gov/factbook/chapter2.pdf>
Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation*. 2009 Sep 15;120(11):1011-20. doi: