



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 not.

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

