
Added Sugars

What are Added Sugars?

- Sugars are a simple form of carbohydrate found in food.
- Fruits, vegetables, and milk, contain natural sugars that are part of a healthy eating plan.
- Many processed foods add sugar for flavor, texture, and color. They also help preserve foods, fuel fermentation, provide bulk, and balance acidity.
- The American Heart Association states women should limit their sugar intake to 25 grams a day and men 36 grams a day.
- Sugary drinks are a major source of added sugars.
- Regular sodas, sweetened tea, coffee, energy, and fruit drinks contain added sugars.
- Diets high in added sugars can cause dental cavities and unwanted weight gain. They also can cause fatty liver, metabolic syndrome, and insulin resistance.

How to Spot Added Sugars

- Nutrition Facts labels list total sugars and added sugars under the total carbohydrates.
- If your food doesn't have a label, check the ingredient list. Look for foods ending in *-ose*, such as maltose, or with *syrup*, like high fructose corn syrup.
- Some sugars aren't as easy to spot. Maltodextrin is an additive that is absorbed just as quickly as glucose.

List of Added Sugars

Agave nectar	Glucose
Agave syrup	Glucose solids
Anhydrous dextrose	Golden sugar
Barley malt	Golden syrup

Brown rice syrup	Grape sugar
Brown sugar	High fructose corn syrup
Cane juice	Honey
Cane juice crystals	Icing sugar
Cane sugar	Invert sugar
Cane syrup	Lactose
Caramel	Malt
Castor sugar	Malt syrup
Coconut sugar	Maltodextrin
Confectioner's sugar	Maltose
Corn sweetener	Maple syrup
Corn syrup	Molasses
Corn syrup solids	Muscovado sugar
Crystalline fructose	Palm sugar
Date sugar	Panela sugar
Demerara sugar	Rapadura
Dextrin	Raw sugar
Dextrose	Refiner's syrup
Diastatic malt	Rice syrup
D-ribose	Sorghum syrup
Ethyl maltol	Sucanat
Evaporated sweetener	Sucrose
Florida crystals	Table sugar
Fructose	Treacle sugar
Fruit juice concentrate	Trehalose
Fruit nectar	Turbinado sugar
Galactose	Yellow sugar