

label reading

Sugar in Hiding

AGAVE NECTAR
BARBADOS SUGAR
BARLEY MALT
BARLEY MALT SYRUP
BEET SUGAR
BROWN SUGAR
BUTTERED SYRUP
CANE JUICE
CANE JUICE CRYSTALS
CANE SUGAR
CARAMEL
CAROB SYRUP
CASTOR SUGAR
COCONUT PALM SUGAR
COCONUT SUGAR
CONFECTIONER'S SUGAR
CORN SWEETENER
CORN SYRUP
CORN SYRUP SOLIDS
DATE SUGAR
DEHYDRATED CANE JUICE
DEMERARA SUGAR
DEXTRIN
DEXTROSE
EVAPORATED CANE JUICE
FREE-FLOWING BROWN SUGARS
FRUCTOSE
FRUIT JUICE
FRUIT JUICE CONCENTRATE
GLUCOSE
GLUCOSE SOLIDS

GOLDEN SUGAR
GOLDEN SYRUP
GRAPE SUGAR
HFCS (HIGH-FRUCTOSE CORN SYRUP)
HONEY
ICING SUGAR
INVERT SUGAR
MALT SYRUP
MALTODEXTRIN
MALTOL
MALTOSE
MANNOSE
MAPLE SYRUP
MOLASSES
MUSCOVADO
PALM SUGAR
PANOCOA
POWDERED SUGAR
RAW SUGAR
REFINER'S SYRUP
RICE SYRUP
SACCHAROSE
SORGHUM SYRUP
SUCROSE
SUGAR (GRANULATED)
SWEET SORGHUM
SYRUP
TREACLE
TURBINADO SUGAR
YELLOW SUGAR

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