

# Added sugar is hiding in

# 74%

## OF PACKAGED FOODS

To make foods “low-fat,” many food companies replaced added fat with **added sugar**.

Added sugar is hiding in foods that many of us think are healthy, like **yogurt and energy bars**, and even in savory foods, like **pasta sauce, breads, salad dressing and ketchup**.

Did you know there are at least 61 names for sugar?

Agave nectar, Barley malt, Barley malt syrup, Barbados sugar, Beet sugar, Brown sugar, Buttered syrup, Cane juice, Cane juice crystals, Cane sugar, Caramel, Coconut sugar, Coconut palm sugar, Corn syrup, Corn syrup solids, Corn sweetener, Confectioner's sugar, Carob syrup, Castor sugar, 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, Maltodextrin, Maltol, Maltose, Malt syrup, Mannose, Maple syrup, Molasses, Muscovado, Palm sugar, Panocha, Powdered sugar, Raw sugar, Refiner's syrup, Rice syrup, Saccharose, Sorghum, Sorghum syrup, Sucrose, Sugar (granulated), Syrup, Treacle, Turbinado sugar, Yellow sugar

