Added Sugars

A Sugar by an Other Name Would Taste as Sweet...

Here is a list of some other names for added sugars that may be lurking in your food’s ingredient list:

- sugar
- sucrose
- glucose
- white sugar
- brown sugar
- confectioner’s sugar
- corn syrup
- agave
- dextrin
- honey
- invert sugar
- maple syrup
- raw sugar
- beet sugar
- cane sugar
- corn sweeteners
- evaporated cane juice
- fructose
- crystalline fructose
- high fructose corn syrup
- malt
- malt syrup
- syrup
- molasses
- turbinado sugar
- fruit juice
- concentrate
- brown rice syrup

For Reference, there are 4 grams of sugar in one teaspoon of sugar (and 16 calories).
The American Heart Association recommends that men have less than 9 teaspoons per day of added sugar and women have less than 6 teaspoons per day of added sugars.