



Sweet Deception

Unmasking Hidden Sugars in Processed Foods

While most of us enjoy a sweet treat now and then, hidden sugars in processed foods often create a problem. Diabetes Canada estimates the average Canadian consumes 110 grams of sugar, or 26 teaspoons, each day—about 2.5 times the recommended limit. Surprisingly, sugar can be found lurking in everyday items like bread, pasta sauce, yogurt, salad dressing, granola, ketchup, protein bars, juice, and sports drinks. Unless you are vigilant about reading labels and know what to look for, it's easy to miss this “sweet deception.”

The Hypoglycemic Support Foundation reports that there are over 250 different names for sugar in processed foods! By using various forms of sugar, food companies can list them lower on the ingredient list, even though, combined, they might be the *primary* ingredient. Always check the Nutrition Facts Label for total grams of sugar and be on the lookout for the top 50 hidden sugars noted below:

1. Agave Nectar	2. Barley Malt	3. Blackstrap Molasses
4. Beet Sugar	5. Brown Sugar	6. Buttered Syrup
7. Cane Juice Crystals	8. Cane Sugar	9. Caramel
10. Confectioner's Sugar	11. Castor Sugar	12. Carob Syrup
13. Corn Syrup	14. Crystalline Fructose	15. Date Sugar
16. Diastatic Malt	17. Diastase	18. Demerara Sugar
19. Dextran	20. Dextrose	21. Ethyl Maltol
22. Evaporated Cane Juice	23. Florida Crystals	24. Fructose
25. Fruit Juice Concentrate	26. Fruit Juice	27. Galactose
28. Golden Sugar	29. Golden Syrup	30. Grape Sugar
31. High-fructose Corn Syrup	32. Honey	33. Icing Sugar
34. Lactose	35. Maltodextrin	36. Maltose
37. Maple Syrup	38. Molasses	39. Muscovado Sugar
40. Organic Raw Sugar	41. Panocha	42. Raw Sugar
43. Refiner's Syrup	44. Rice Syrup	45. Sorbitol
46. Sorghum Syrup	47. Sucrose	48. Treacle
49. Turbinado Sugar	50. Yellow Sugar	

