



The Sugar Search

Sugar is found in many foods. Some of the foods, such as baked goods, sweets, and soft drinks, are expected. It is also added to many soups, spaghetti sauces, salad dressings, ketchups, relishes and pickles, cured meats, crackers, breads, and more.

It can be hard to determine if sugar is a large ingredient in the food because there are many forms of sugar and other sweeteners. Some of these may not be as obvious in the ingredient list. The following are various sugars and sweeteners. Reconsider the food choice if there are more than three of these in the list of ingredients OR one is one of the first three ingredients.

- **Granulated sugar or powdered sugar** (refined sucrose that is produced from sugar cane or sugar beets)
- **Brown sugar** (granulated sugar with molasses in it)
- **Corn syrup, corn syrup solids, or corn sweetener** (produced from cornstarch and is often used with sucrose because it is less sweet than sucrose)
- **Dehydrated Cane Juice** (concentrated juice from sugar cane plant)
- **Dextrin**
- **Dextrose**
- **Fructose** (natural sugar found in fruits and other plants)
- **Fruit juice concentrate**
- **Glucose**
- **High-fructose corn syrup** (syrup that is sweeter than regular corn syrup and is made by increasing the fructose content of cornstarch)
- **Honey** (syrup made from flower nectar and the sweetness varies depending upon flower source; sweeter than sugar so less is needed in baking, but it has also has more calories)
- **Invert sugar**
- **Lactose** (sugar found in milk products)
- **Maltodextrin**
- **Malt syrup**
- **Maltose**
- **Maple syrup** (sucrose syrup made by evaporating water from the sap of the sugar maple tree)
- **Molasses** (syrup made after sugar crystals are removed from sugar cane; contains calcium, iron and potassium and the content is highest in the "blackstrap" grade)
- **Raw sugar**
- **Rice Syrup**
- **Saccharose**
- **Sorghum or sorghum syrup**
- **Sucrose**
- **Syrup**
- **Treacle**
- **Turbinado Sugar** (partially refined sucrose from which some impurities and molasses have been removed)
- **Xylose**