

WEEK 2:

Secret Sugar Bombs



Think about it. Sugar is everywhere, and we are eating way too much of it—oftentimes unintentionally. Even if you skip dessert, you may be consuming more added sugar than what is recommended. It's found in the usual suspects: **desserts, sugar-laden beverages, and many processed foods and snacks.** Surprise, surprise, sugar is also commonly added to help preserve foods and extend expiration dates. It gives processed foods texture, color, and flavor, and as a result, sugar has been caught lurking in **sauces, salad dressings, peanut butter, lunch meat, bread, and ketchup** to name just a few.

This week, let's take a look at the many disguises of sugar and how we can start scaling it down in our diet.

60+ NAMES FOR SUGAR

- Agave nectar
- Barbados sugar
- Barley malt & syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice & crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup & solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice & concentrate
- Glucose & solids
- Golden sugar & syrup
- Grape sugar
- HFCS
- Honey
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Palm sugar
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum syrup
- Sucrose
- Sugar (granulated)
- Sweet Sorghum Syrup
- Treacle
- Turbinado sugar
- Yellow sugar

Is this food providing me with more than just empty calories?

New
Nutritional Label Coming ...

July 2018!

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
Total Fat 8g	% Daily Value*
Saturated Fat 1g	10%
Trans Fat 0g	5%
Cholesterol 0mg	
Sodium 160mg	0%
Total Carbohydrate 37g	7%
Dietary Fiber 4g	13%
Total Sugars 12g	14%
Includes 10g Added Sugars	
Protein 0g	

Take Action Today:

1. Read nutrition labels.
2. Scale down slowly.
3. Expect cravings & be armed with healthy snacks.

Sugar Smart Tip:

Video: Sugar hiding in plain sight

[Take me there](#)



Food for Thought:

Think of your daily added sugar amount like a sugar allowance. If you only have \$20 to spend each day, you're going to put some thought in what you buy.



[Click here for resources](#)