

sneaky sugars

In order to balance your blood sugar, it is important to know how much sugar you are consuming and how to spot sneaky sugars that lurk in our food choices.

Knowing the many names for sugar listed on food labels will give you the power to choose better foods for your health.

Yep, that's SUGAR

- » Agave
- » Barley Malt
- » Beet Sugar
- » Brown Rice Syrup
- » Brown Sugar
- » Cane Sugar
- » Caramel
- » Carob Syrup
- » Castor Sugar
- » Coconut Sugar
- » Corn Sweetener
- » Corn Syrup
- » Crystalline Fructose
- » Date Sugar
- » Dextrose
- » Evaporated Cane Juice
- » Fructose
- » Fruit Juice Concentrate
- » Glucose
- » High Fructose Corn Syrup
- » Honey
- » Invert Sugar
- » Lactose
- » Maltose
- » Malt Syrup
- » Molasses
- » Muscovado Sugar
- » Raw Sugar
- » Rice Bran Syrup
- » Sorghum
- » Sucrose
- » SUGAR
- » Syrup
- » Turbinado Sugar

