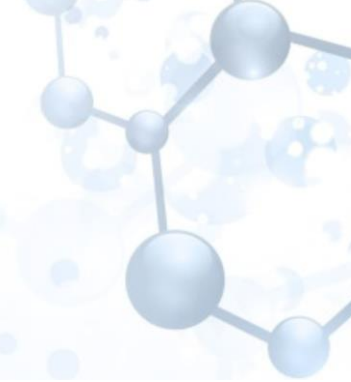


# The Low Down on Sugars



Sugars are added to food under the guise of plant-like names or complex chemical names. It is wise to read your food labels carefully. Glucose is essential for production of energy in the body. Excess sugars in the diet are deleterious to health.

## Types of Sugar

- Sugar (brown sugar, cane sugar, raw sugar, beet sugar, confectioner's sugar, etc.)
- Syrup (high fructose corn syrup, malt syrup, refiner's syrup, rice syrup, date syrup, etc.)

## Types of sugar

- Dextrose
- Disaccharide
- Fructose
- Glucose
- Galactose
- Lactose
- Maltose
- Monosaccharide
- Polysaccharide
- Ribose
- Saccharose
- Sucrose

## "Natural" sugars

- Agave Nectar
- Coconut Nectar
- Coconut Sugar
- Date Sugar
- (Evaporated) Cane Juice
- Fruit Juice\*
- Honey
- Maple Syrup
- Molasses
- Monk Fruit Extract
- Rice Malt (Extract)
- (Sweet) Sorghum
- Treacle

## Artificial sweeteners

- Aspartame
- Acesulfame-K
- Equal
- Nutra-Sweet
- Saccharin
- Splenda
- Stevia
- Sucralose

## Sugar Alcohols

- Arabitol
- Dulcitol
- Erythritol
- Glycol
- Glycerin (Glycerol)
- HSH
- Iditol
- Isomalt
- Lactitol
- Maltito
- Mannito
- Polyglycitol
- Ribitol
- Sorbitoll
- Threitol
- Xylitol

