

## SNEAKY SUGAR SYNONYMS

If you encounter one of the names below in a product ingredient list - it's sugar in one form or other and will generally contribute 4 calories per gram consumed (exceptions noted in parentheses). Artificial sweeteners contain no calories but are at times controversial due to other health risks they may or may not pose.

Aspartame - marketed as Nutrasweet (artificial, 0 calories)

Acesulfame potassium (acesulfame-K) / E950 - marketed as Sunett / Sweet One (artificial, 0 calories)

Agave

Agave Nectar

Barley Malt Extract

Brown Rice Syrup

Brown sugar

Corn sugar

Corn sweetener

Corn syrup, or corn syrup solids

Crystalline Fructose

Dehydrated Cane Juice

Dextrin

Dextrose

Erythritol

Evaporated Cane Juice

Evaporated Cane Syrup

Fructose

Fruit juice concentrate

Glucose

High-fructose corn syrup

Honey

Invert sugar (golden syrup)

Lactose

Maltodextrin

Malt syrup

Maltose

Mannitol (2.6 calories)

Maple syrup

Molasses

Monk Fruit Extract (0 calories, processed)

Neotame (artificial, 0 calories)

Raw sugar

Rice Syrup

Saccharin (artificial, 0 calories)

Saccharose

Stevia (0 calories, highly processed in most cases)

Sucralose - marketed as Splenda (artificial, 0 calories)

Sucrose

Sugar

Sorbitol (2.6 calories)

Sorghum syrup

Syrup

Treacle

Turbinado Sugar

Xylose

