

Hidden Sugar Names

Many processed foods contain hidden sugars under different names, making it challenging to track sugar intake. Common names include high-fructose corn syrup, maltodextrin, cane juice, and dextrose. Checking ingredient labels can help reduce added sugars. Choosing whole foods and natural sweeteners in moderation supports balanced energy and overall well-being.

Agave nectar	Fruit juice concentrate
Barley malt	Glucose
Beet sugar	High-fructose corn syrup (HFCS)
Brown rice syrup	Honey
Brown sugar	Lactose
Cane crystals	Maltodextrin
Cane juice	Maltose
Cane sugar	Molasses
Caramel	Rice syrup
Corn syrup	Sucrose
Corn syrup solids	Turbinado sugar
Dextrose	Maple syrup
Fructose	