

SUGARS in DISGUISE

NOUVEAU RAW



You don't always see something until you look for it.

Added sugars are found in thousands of common food and beverages found in most grocery stores, including “natural” and organic foods sold at health food stores.

Keep in mind that hidden sugar is called “hidden” for a reason — added sugar goes by many different names today, most of which don't sound anything like “sugar.” It is your job to start reading labels. You can no longer afford to be naive or just turn the other cheek in order to please your cravings.

PROCESSED FOODS

- Bread
- Canned Fruit
- Cereal
- Coffee Drinks
- Crackers
- Fruit Drinks
- Fruit Roll-Ups
- Granola
- Ice Cream
- Ketchup
- Pastries
- Protein Bars
- Protein Powders
- Salad Dressing
- Salsa
- Sports Drinks
- Tomato Sauce
- Yogurt

61 NAMES SUGAR GO BY:

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS (high-fructose corn syrup)
- 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