

No Sugar Challenge

Find That Hidden Sugar!

Here is a list of words that manufacturers tend to use to hide the sugar they put into their products. Keep this list handy over the next two weeks and become a sugar sleuth! By the end of the challenge, you'll be able to spot hidden sugars and help your family to avoid them as well!

- Agave nectar
- Barley malt
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice crystals
- Cane sugar
- Caramel
- Coconut palm sugar
- Corn syrup
- Corn syrup solids
- Confectioners' sugar
- Carob syrup
- Castor sugar
- Demerara sugar
- Dextran
- Dextrose
- Diastatic malt
- Diatase
- Ethyl maltol
- Fructose
- Fruit juice
- Fruit juice concentrate
- Galactose
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- High fructose corn syrup
- Honey
- Icing sugar
- Invert sugar
- Lactose
- Maltodextrin
- Maltose
- Malt syrup
- Maple syrup
- Molasses
- Muscovado sugar
- Nutrasweet
- Panocha
- Raw sugar
- Rice syrup
- Sorbitol
- Splenda
- Stevia/Truvia
- Sucrose
- Treacle
- Turbinado sugar
- White sugar
- Xylitol
- Yellow sugar

Source: www.skinnymys.com