

Sugar by Any Other Name is Just as Sweet



Other Sugary Words

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

How to Read the Sugar Content on the Nutritional Label

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 15 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Under carbohydrates, you will normally see fibre and sugars. Sugars refer to all monosaccharides (e.g. glucose, fructose) and disaccharides (e.g. sucrose, lactose). The Daily Value (DV) is based on a 2000 calorie diet. There is no DV for sugar.

Common Claims for Sugar

Sugar Free	Contains <0.5g sugars per reference amount
Reduced in Sugar	Food has been processed so that in comparison with a similar food, it contains 25% less sugar
No Added Sugar	Contains no added sugar

Sugar could be described as “natural”, so read the nutrition labels carefully.

Source: sugar.ca ; skinnyms.com

