

IT STARTS WITH FOOD

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SNEAKY SUGARS

PRACTICE YOUR LABEL-READING

Avoid all **added sugars**

Companies sneak sugar into their products under the guise of a label that sounds vaguely plant-like and harmless, or in plain sight under its scientific name, easy to overlook because you just don't know what it is. Don't be fooled. These are all of the sneaky ways **sugar** may try to hide in the foods you eat. Educate yourself, read your labels, and avoid regular consumption of products with added sugar in any form.

JUST PLAIN SUGAR

- _____ Sugar (brown sugar, cane sugar, raw sugar, beet sugar, confectioner's sugar, etc.)
- _____ Syrup (high fructose corn syrup, malt syrup, refiner's syrup, rice syrup, etc.)

SCIENCE-Y NAMES FOR SUGAR

- Dextrose
- Disaccharide
- Fructose
- Glucose
- Galactose
- Lactose
- Maltose
- Monosaccharide
- Polysaccharide
- Ribose
- Saccharose
- Sucrose

"NATURAL" SUGARS

- Agave Nectar
- Coconut Nectar
- Coconut Sugar
- Date Sugar
- (Evaporated) Cane Juice
- Fruit Juice*
- Honey
- Maple Syrup
- Molasses
- Rice Malt (Extract)
- (Sweet) Sorghum
- Treacle

ARTIFICIAL SWEETENERS

- Aspartame
- Acesulfame-K
- Equal
- Nutra-Sweet
- Saccharin
- Splenda
- Stevia
- Sucralose
- Sweetleaf
- Sweet-n-Low
- Truvia

SUGAR ALCOHOLS

- Arabitol
- Dulcitol
- Erythritol
- Glycol
- Glycerol
- HSH
- Iditol
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Polyglycitol
- Ribitol
- Sorbitol
- Threitol
- Xylitol

**Admittedly, it can be hard to know where to stop in your quest to remove added sugar from your diet. Fruit juice is basically just sugar, which is why we're including it here - but this is the one "added sweetener" that is not excluded from our Whole30® program.*