ALL OF THESE ARE SUGAR

Barley malt
Beet sugar
Brown sugar
Cane crystals
Cane sugar
Carob syrup
Concentrated fruit juice
Confectioner sugar
Corn sweetener
Corn syrup
Crystalline fructose
Date sugar
Demarara
Dextrose
Evaporated cane juice
Fructose
Galactose
Glucose
Granulated sugar
High fructose corn syrup
Invert sugar
Malt syrup
Maltodextrin
Maltose
Muscovado
Panocha
Raw sugar
Rice syrup
Sorghum syrup
Sucrose
Treacle
Turbinado

"Wholesome," but still sugar

Agave
Honey
Maple syrup
Molasses
Palm Sugar

ARTIFICIAL SWEETENERS

Aspartame (Equal, Nutrasweet)
Saccharine (Sweet 'N Low)
Acesulfame K (Sunett, Sweet One)
Sucralose (Splenda)
Stevia
Sugar alcohols:
- Xylitol
- Sorbitl
- Erythritol
- Maltitol

MEASURING SUGAR

1 tsp sugar.....4.2g
1 T sugar.....12.6g
2 T sugar.....25.2g
3 T sugar.....37.8g
¼ cup sugar.....50.4g

AMERICAN HEART ASSOCIATION (AHA) RECOMMENDED LIMITS ON ADDED SUGAR

Men: .....38g/day (9 tsp)
Women: .....26g/day (6 tsp)
Pre-teens, teens: ..21-34g/day (5-8 tsp)
Children 4-8:.....12g/day (3 tsp)

Today's 14-18 year olds average 144g (34.3 teaspoons) of added sugar per day!

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