

## **Sugar by any other name is still sugar!**

By Theresa Crabtree

Obesity in the westernized diet is increasing at an alarming rate. Diseases such as cancer, diabetes and heart disease are also on the rise. Many physical problems are a direct result of improper nutrition.

With the advent of processed foods has come an increase in the intake of sugar and sugar substitutes. These additives are extremely addictive, making it hard to say "no" to even seemingly healthy products.

At the core of the problem are hidden sugars, often added by manufacturers to get you addicted to their products. This insidious habit has skyrocketed in recent years. At the same time, health issues have skyrocketed. Coincidence? I think not!

Food manufacturers in the United States are required to list all ingredients on each product's label. The ingredients used in the greatest amounts are listed first, followed in descending order by those in lesser amounts.

This can be misleading in the case of sugars. Sometimes there are small amounts of a variety of sugars, so none of them are listed as the main ingredients. However, collectively, there may be a high percentage of sugars in products such as pasta and potato chips.

Reading labels of food products can be confusing. There are so many names, many which are unpronounceable. How can you know what you are consuming?

### **Sugars commonly added to processed foods.**

In addition, see the article on sugar alcohol. These sugars often end in "itol."

barley malt	lactose
brown rice syrup	maltodextrin
brown sugar	maltose
confectioner's sugar	malt syrup
corn sweetener	maple sugar
corn syrup	maple syrup
date sugar	molasses
dehydrated cane juice	raw sugar
dextrin	rice syrup
dextrose	saccharose
fructose	sorghum or sorghum syrup
fruit juice concentrate	sucanat
galactose	sucrose
glucose	syrup
granulated sugar	treacle
high fructose corn syrup	turbinado sugar
honey	xylose
invert sugar	