The Search for Hidden Sugars

During the holidays sweet treats abound! While sipping on your peppermint mocha, you should be aware of the added sugars found in these festive treats. Before munching on that fruitcake, check the “added sugars” section on the Nutrition Facts Label. According to the Dietary Guidelines for Americans, less than 10% of our calories should come from added sugar; more than 10% can displace nutrient dense foods with empty calories. The high sugar content of a jelly donut may be common knowledge; however, added sugars can also hide in some surprising foods, including granola, pasta sauce, instant flavored oatmeal, barbecue sauce, ketchup, low fat salad dressing, frozen meals, protein bars, and dried fruit. See if you can spot some of the many monikers for sugar in the word search below.

What’s in a name? Sucrose by any other name would taste as sweet.

Sucrose
Dextrose
Maltose
Fructose
Galactose
Lactose
Glucose
Dextrin
Maltodextrin
Ethyl Maltol

Honey
Maple Syrup
Agave Nectar
Cane Juice
Molasses
Corn Syrup
Fruit Juice
Treacle
Caramel

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