

## The Many Names of Sugar

Excess natural sugar is linked to many diseases, such as cardiovascular disease and Type 2 Diabetes. A recent study found that restricting glucose could add about an extra 15 years of life. If you want to cut back, you need to know all of the names sugar goes by, or you may end up consuming more than you expected!

- barley malt
- beet sugar
- brown sugar
- buttered syrup
- cane juice crystals
- cane sugar
- caramel
- carob syrup
- castor sugar
- corn syrup
- corn syrup solids
- date sugar
- dextran
- dextrose
- diatase
- diastatic malt
- ethyl maltol
- fructose (This is made from corn syrup)
- fruit juice
- fruit juice concentrate
- glucose
- glucose solids
- golden sugar
- golden syrup
- grape sugar
- high-fructose corn syrup (In 2009 this has mercury added to it)
- honey
- invert sugar
- lactose
- malt syrup
- maltodextrin
- maltose
- mannitol
- molasses
- raw sugar
- refiner's syrup
- sorbitol
- sorghum syrup
- sucrose
- sugar
- turbinado sugar
- yellow sugar

### Syrups or Nectars

- agave
- maple

### Avoid Man Made Sugars

- aspartame (nutra-sweet)
- splenda (sucralose) (sugar w/added chlorine)

### Alternative Sugar

- stevia (dried plant extract)

Need help decreasing your sugar? Replacing missing vitamins decreases sugar cravings. There are also natural herbs that reduce the desire to eat sugar. There is Help! To find out how you can decrease excess sugars to end sugar addiction call (734) 664-0339.