



## **MODULE 2**

# **IDENTIFY**

## **1.1**



# Module 2

## Sugar

The dangers of over consuming sugar have been linked to:

Metabolic syndrome

Diabetes

Cardiovascular disease

and other chronic illnesses due to inflammation caused by an over-abundance of glucose infiltrating the blood stream.

Manufacturing companies have gotten smart about the names under which to hide sugar in our food.

# Module 2

## HIDDEN NAMES OF SUGAR:

- Sugar
- Sucrose
- HFCS (High Fructose Corn Syrup)
- Agave Nectar
- Barley malt
- Brown rice syrup
- Corn syrup
- Corn syrup solids
- Dextrin
- Crystalline fructose
- Fructose
- Dextrose
- Diastatic malt
- Ethyl maltol
- Glucose
- Glucose solids
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Rice syrup
- Beet sugar
- Blackstrap molasses
- Brown sugar
- Buttered syrup
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut sugar
- Confectioner's sugar (powdered sugar)
- Date sugar
- Demerara sugar
- Evaporated cane juice
- Florida crystals
- Fruit juice
- Fruit juice concentrate
- Golden sugar
- Golden syrup
- Grape sugar
- Honey
- Icing sugar
- Invert sugar
- Maple syrup
- Molasses
- Muscovado sugar
- Panela sugar
- Raw sugar
- Refiner's syrup
- Sorghum syrup
- Sucanat
- Treacle sugar
- Turbinado sugar
- Yellow sugar
- D-ribose
- Galactose