Noticing sugar in your food and drinks can be harder than you’d think.

Sugar is known as...
brown sugar, invert sugar, glucose, glucose-fructose, dextrose, fructose, sucrose, maltose, honey, molasses, barley malt, maltodextrin, brown rice syrup, rice syrup, cane syrup, evaporated cane juice, agave syrup, corn syrup, high fructose corn syrup, maple syrup and fruit juice concentrate.