

# HEALTHY EATING

**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, maltodextrose, brown  
rice syrup, rice syrup, cane syrup, evaporated cane  
juice, agave syrup, corn syrup, high fructose corn  
syrup, maple syrup and fruit juice concentrate**

**TAKE CARE**  
OF YOUR  
**EQUIPMENT**