

# Decoding the Nutrition Label

## Sugar & Its Many Names

Below are common ingredients  
equivalent to added sugar.

- Agave nectar
- Barley malt
- Beet sugar
- Black strap molasses
- Brown sugar
- Caramel
- Carob syrup
- Coconut sugar
- Corn sweetener
- Corn syrup
- Date sugar
- Dehydrated cane juice
- Dextrose
- Fructose
- Fruit juice
- Fruit juice concentrate
- Galactose
- Golden sugar
- Golden syrup
- High fructose corn syrup
- Honey
- Malt sugar
- Maltodextrin
- Maltose
- Maple sugar
- Palm sugar
- Polydextrose
- Rice sugar
- Turbinado