

# sugar & sweeteners

how many of these sweeteners in your favorite packaged foods?  
maybe it's time for a change!

## non-chemical sweeteners

agave	high fructose corn syrup
agave nectar	honey*
barley malt	invert sugar
beet sugar	lactose
brown rice syrup	levulose
brown sugar	light brown sugar
buttered syrup	malitol
cane sugar	malt syrup
cane-juice crystals	maltodextrin
caramel	maltose
carob syrup	mannitol
corn syrup	maple syrup* (real, grade B)
corn syrup solids	molasses*
date sugar*	muscovado
demerara sugar	raw sugar
dextran	refiner's syrup
dextrose	sorbitol
diastatic malt	sorghum syrup
diatase	sucrose
ethyl maltol	sugar
fructose	stevia*- green or liquid extract
fruit juice*	treacle
fruit juice concentrate	turbinado
glucose / glucose solids	xylitol
golden sugar	yellow sugar
golden syrup	
grape sugar	

\*BEST BETS: enjoy these in extreme moderation  
in organic or raw forms if possible.



## chemical sweeteners - never consume!

Aspartame  
> Brand name: Equal  
Saccharin  
Stevia- white/bleached  
> Brand names: Truvia,  
Sun Crystals  
Sucralose  
> Brand name: Splenda  
Tagatose



### Sources:

Herman, Janice Ph. D, R.D./L.D. "Dietary Sugar and Alternative Sweeteners." <http://www.karlloren.com/diet/p36.htm>  
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Hull, Janet Ph.D. Sweet Poison Website. <http://www.sweetpoison.com/aspartame-sweeteners.html>