

## **“OBVIOUS” SUGAR**

- White Sugar
- Brown Sugar
- Cane Sugar
- Raw Sugar
- Beet Sugar
- Confectioners Sugar
- Barley Malt Syrup
- High Fructose Corn Syrup a.k.a. HFCS

## **HIDDEN SUGAR**

Sugars end in -ose

- dextrose
- fructose
- lactose
- maltose
- galactose
- sucrose
- ribose
- saccharose
- glucose

## **“NATURAL” SUGARS [ARE STILL SUGARS]**

- Agave
- Coconut Nectar
- Coconut Sugar\*
- Date Sugar
- Maple Sugar
- Maple Syrup
- Honey
- Fruit Juice
- Fruit
- Cane Juice
- Molasses
- Rice Malt Syrup
- Sorghum Syrup
- Rapadura Sugar

## **ALCOHOL BASED SUGARS**

- erythritol
- glycol
- glycerin
- iditol
- isomalt
- lacitol
- maltitol
- mannitol
- ribitol
- sorbitol
- xylitol

*This list is not exhaustive.*  
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## **ARTIFICIAL SWEETENERS**

- Aspartame
- Acesulfame-L
- Nutra-sweet
- Equal
- Saccharin
- Splenda
- Stevia
- Sucralose
- Sweetleaf
- Sweet-n-low