



## Where is Sugar Hiding?

### Sugar is Everywhere

The following are common ingredients found in foods like cereal, crackers, and yogurt, and beverages like soda, juice, and some alcohols. You might not think you're eating or drinking much sugar, but you'll be surprised to see how many of these ingredients are found in foods we think are healthy.

- Cane sugar
- White sugar
- Refined sugar
- Tapioca syrup
- Corn syrup
- Brown sugar
- Rice extract
- Invert sugar
- Brown rice syrup
- Concentrated juices/purees
- High fructose corn syrup
- Sucranant
- Malt
- Turbinado sugar
- Date sugar
- Golden syrup
- Beet sugar
- Malt extract
- "Sugar in the Raw"
- Powdered sugar
- Golden syrup

### Any ingredient ending in "ose"

- Sucrose
- Lactose
- Fructose
- Dextrose
- Sucralose
- Maltose

### Any ingredient ending in "itol"

- Sorbitol
- Maltitol
- Mannitol
- Xylitol

Since sugar can be disguised under so many different names and substances, chances are it has made its way into your diet, even if you try to avoid it.

### Foods/Beverages commonly sweetened with one or more of these ingredients

- Cereal
- Crackers
- Yogurt
- Yogurt smoothies
- Cold cuts
- Peanut butter
- Tomato sauce
- Instant Oatmeal
- Sweetened tea
- Candy
- Cake
- Cookies
- Frozen yogurt
- Soy, rice, almond milk
- Hot dogs
- Jams/Jellies
- Trail mix
- Dried fruit
- Gum
- Beer/Wine
- Breads
- Fruit Juice
- Ice Cream
- Condiments
- Granola bars
- Protein bars
- Canned soups
- Sodas
- Mints
- Sweetened liquors

## So, what's the big deal about a little bit of sugar?

It is almost impossible to completely avoid refined sugar. There are healthier alternatives to sugar, such as organic whole cane sugar (rapadura), maple syrup & honey, which are less refined and more nourishing than the list above. However, it's not a "little bit of sugar" that most Americans are eating.

Instead of using refined sweeteners in baking and instead of buying food and drinks already sweetened, use this conversion chart for healthier alternatives to sugar.

### Conversion for 1 Cup of sugar

Honey (raw)	Use 2/3 cup and reduce any liquids in recipe by 1/4 cup
Maple Syrup	Use 3/4 cup and reduce any liquids in recipe by 3 Tbsps
Molasses	Use 2/3 cup and reduce any liquids in recipe by 5 Tbsp
Rapadura	1 for 1 replacement for white or brown sugar
Stevia	1/8 to 1/4 teaspoon
Xylitol	1 for 1 replacement for white or brown sugar

## What's the deal with artificial sweeteners?

Artificial sweeteners such as Splenda (sucralose), NutraSweet (aspartame), Equal (aspartame) and Sweet'N Low (saccharin) are far from whole foods and certainly have no place in traditional diets.

Our bodies view these artificial (fake, synthetic) substances as "foreign invaders" and do not know how to properly digest these chemicals. These sweeteners still trigger the production of insulin like sugar does which can lead to weight gain, rise and fall of energy levels, and overall increase of appetite and food cravings, especially for sweets.

Over time, artificial sweeteners can lead to headaches, fatigue, GI issue and insulin resistance.