

'SUGAR' AKA

HONEY
RICE MALT SYRUP
SUCROSE
MAPLE SYRUP
AGAVE NECTAR
BLACKSTRAP
MOLASSES
CANE SUGAR
DATE SUGAR
ICING SUGAR
GOLDEN SYRUP
BROWN SUGAR
HIGH FRUCTOSE CORN SYRUP
MUSCOVADO
DEMERARA SUGAR
BARLEY MALT
GALACTOSE
LACTOSE
DEXTRIN
DEXTROSE
BEET SUGAR
CANE JUICE CRYSTALS
CARAMEL
COCONUT SUGAR
FRUIT JUICE
CONCENTRATE
RAW SUGAR
MANNITOL
SORBITOL
TREACLE
MALTOSE
SORGHUM SYRUP
GRAPE SUGAR
CAROB SYRUP
BARBADOS SUGAR
CASTOR SUGAR
TURBINADO SUGAR
CONFECTIONERS SUGAR
PANOCHA
MALT SUGAR
DIASTATIC MALT
ETHYL MANITOL
GOLDEN SUGAR
REFINERS SYRUP
GRANULATED SUGAR
FLORIDA CRYSTALS
DIATASE
DEHYDRATED CANE JUICE
DATE SUGAR
GLUCOSE
MALTODEXTRIN
RICE SYRUP
BUTTERED SYRUP

DAILY SUGAR RECOMMENDATIONS

Women

6 tsp or 25g

Men

9 tsp or 38g

Children

3-6 tsp or 12-25g

Remember, sugar is SUGAR, regardless of its colour, source or taste.

