

The Many Names of Sugar

Excess natural sugar is linked to many diseases, such as cardiovascular disease and Type 2 Diabetes. A recent study found that restricting glucose could add about an extra 15 years of life. If you want to cut back, you need to know all of the names sugar goes by, or you may end up consuming more than you expected! Note: Organic sugar is still a sugar. Sugars that end with “**ose**” are grossly sweet. Sugars that end with “**ol**” are alcohol sugars.

- agave (Made from a plant but highly refined and processed.)
- barley malt
- beet sugar
- brown sugar (white sugar + molasses)
- buttered syrup
- cane juice crystals
- cane sugar
- caramel
- carob syrup
- castor sugar
- corn syrup
- corn syrup solids
- date sugar
- dextran
- **dextrose**
- diastase
- diastatic malt
- ethyl maltol
- **fructose** (This is made from corn syrup)
- fruit juice
- fruit juice concentrate
- **glucose**
- **glucose** solids
- golden sugar
- golden syrup
- grape sugar
- high-**fructose** corn syrup (In 2009 mercury was added to this man-made chemical sugar.)
- honey, refined
- invert sugar
- **lactose**
- malt syrup
- maltodextrin
- **maltose**
- mannitol
- molasses (Contains all B complex vitamins. A by-product of pure sugar cane production.)

- raw sugar
- refiner's syrup
- sorbitol
- sorghum syrup
- **sucrose**
- sugar
- turbinado sugar
- yellow sugar

Syrups or Nectars

- honey, raw
- maple

Avoid Man Made Artificial Chemical Sugars

- aspartame (nutra-sweet, AKA amino-sweet)
- splenda (sucralose) (sugar w/added chlorine)
- equal

Alternative Sugar

- stevia (dried plant extract, use only pure form)
(often sold blended w/artificial sugars)

Need help decreasing your sugar? Replacing missing vitamins decreases sugar cravings, as does proper hydration. There are also natural herbs that reduce the desire to eat sugar. There is Help! To find out how you can simply and effectively reduce excess sugars to end sugar addiction. © Copyright 2017 CA Fischer All Rights Reserved www.NaturalAntiAgingSecretsFL.com