



Hidden names for sugar

Sugar is added to many processed foods – even so called savoury ones. Pick out some packets, jars and tins from your food cupboard. Look on the food label and find the list of ingredients. Check the list and see how many of these names for sugar are listed .

Forms of sugar in processed foods.

Other names for sugar	I found this in my food	Not found in my food
Glucose		
Fructose		
Glucose syrup		
Corn syrup		
Demerara sugar		
Sucrose		
Lactose		
Treacle		
Raw sugar		
Hydrolysed starch		
Dextrose		
Maltose		
High fructose corn syrup		
Cane sugar		
Maltodextrin		