

# fitdesignbyannie

## Sugar Cheat Sheet

### The Lifestyle You Deserve

{Perfect Body Not Required}

Below you will find a list of names for sugar other than “sugar.”

*Remember it's not just about the grams of sugar in a product. You've got to go deeper into the ingredients section.*

### “Sugars” in the Ingredients Section

#### Ending in “ose”

Sucrose \_\_\_\_\_

Sucralose \_\_\_\_\_

Fructose \_\_\_\_\_

Glucose \_\_\_\_\_

Maltose \_\_\_\_\_

Dextrose \_\_\_\_\_

High fructose Corn Syrup \_\_\_\_\_

#### Syrups

Corn Syrup \_\_\_\_\_

Rice Syrups \_\_\_\_\_

Corn Syrup \_\_\_\_\_

Any other type of syrup \_\_\_\_\_

#### Juices

Evaporated Cane Juice \_\_\_\_\_

Natural fruit juice \_\_\_\_\_

#### Other Forms of Sugar

Carmel \_\_\_\_\_

Agave \_\_\_\_\_

Honey \_\_\_\_\_

Molasses \_\_\_\_\_

Cane sugar \_\_\_\_\_

Organic Cane sugar \_\_\_\_\_

Evaporated cane sugar \_\_\_\_\_

Dehydrated Cane sugar \_\_\_\_\_

Brown sugar \_\_\_\_\_

ANY SUGAR \_\_\_\_\_

# YOUR NEXT STEP

Take inventory in your home.

Check your cupboards, fridge, and pantry.

1. **Use the Sugar Cheat Sheet list** & make a tally mark next to each ingredient every time you see it.

*You might be surprised by the hidden sugar lying around your home. This might be a bit scary, but it's worth the eye opening exercise.*

2. You can even **circle the ingredients** on the actual product just for visual awareness.

*This is not necessary, but you'll get better at finding these ingredients when scanning in a grocery store + it may help with the next step.*

3. **Note where the ingredient is in the ingredients.** This can make a big difference, if it is the second or third ingredient vs. if it's the second to last or last ingredient. The effect will be greater on your body the closer the ingredient is to the top of the ingredient list.

*This is helpful when you are trying to eat less sugar. The lower the better. It also may surprise you how many items have some form of sugar in the top five ingredients.*