

# Finding Sugar on Food Labels

## Ingredients Ending in -ose

An easy way to recognize sugar on a label is by recognizing the *-ose* suffix. When you find words that end in *-ose* in the ingredient list, there's a good chance it is sugar. Sugars ending in *-ose* are:

- Sucrose
- Maltose
- Dextrose
- Fructose
- Glucose
- Galactose
- Lactose
- High fructose corn syrup
- Glucose solids

## Renaming Sugar

Just because it doesn't end in *-ose*, however, doesn't mean it isn't sugar. Regardless of how they sound, the following are all sugar:

- **Cane juice, evaporated cane juice, cane juice solids, cane juice crystals, or dehydrated cane juice:** These sweeteners are made from sugar cane. The difference is in the refinement process, how much molasses content is left behind, and the size and texture of the product.
- **Agave:** Agave comes from the agave plant, is about 1.5 times sweeter than white sugar, and contains fructose.
- **Maple syrup:** This sweet syrup comes from the sap of maple trees. Unlike white sugar, it is minimally processed.
- **Molasses:** Molasses is a by-product of the sugar refining process. It has a lower sugar content than other sugars and high nutritional value.
- **Honey:** Honey is produced by bees from flower nectar they have collected. It contains high amounts of natural sugar and calories but is more nutritious than white sugar.
- **[Maltodextrin](#):** Maltodextrin is made by refining corn, rice, or potato starch to a fine powder. It is also sometimes made from barley or wheat starch. It's often used as a thickener and is not nearly as sweet as other sugar products.
- **Barley malt:** This sweetener is significantly less sweet than sugar and made from sprouted barley. It is available in powder or syrup (extract) forms.
- **Beet sugar:** Beet sugar is made from the sugar beet plant which contains high levels of sucrose.
- **Corn syrup:** This sugary syrup is made from corn and is found in many sweetened processed foods and beverages.
- **Corn syrup solids:** This product is dehydrated corn syrup with a small percentage of water left behind.
- **Caramel:** Made by burning sugar and combining with alkali, caramel is used as a food coloring or flavoring.
- **Carob syrup:** This syrup, similar in consistency to molasses, is made from the carob pod, a natural sweetener used as a chocolate substitute.
- **Brown sugar:** Brown sugar, also called yellow sugar or dark brown sugar, is simply white sugar with molasses added. The amount of molasses determines the variants in the sugars' color and taste.

- **Date sugar:** Date sugar is made from ground or finely chopped, dehydrated dates and not from sugar cane or sugar beets.
- **Malt syrup:** Malt syrup is created from barley and ground corn and is similar in consistency to honey.
- **Diatase and Diatastic malt:** These forms of sugar come from wheat or barley and contain enzymes that convert starch (carbohydrates) into sugar. Diatastic malt comes in powder or syrup forms.
- **Fruit juice:** Fruit juice is the juice of pressed fruit. It contains the fruit's natural sugars.
- **Fruit juice concentrate:** Fruit juice concentrate is made by evaporating most of the water content from fruit juice. It may or may not have additional sugar added.
- **Dehydrated fruit juice:** Dehydrated fruit juice is made by evaporating all water content from fruit juice. It's found in powder form.
- **Fruit juice crystals:** Created from freeze dried fruits, fruit juice crystals may or may not contain added sugar. They are often found rimming a margarita glass or used as flavoring.
- **Golden syrup:** Golden syrup, also called treacle or refiner's syrup, is made from evaporated sugar cane. It has a similar consistency to corn syrup and a honey color.
- **Invert sugar:** This sugar is a mix of glucose and fructose and is often found in processed baked goods.
- **Turbinado:** Turbinado sugar comes from sugar cane and is less refined than white sugar with larger size crystals and a light brown color.
- **Raw sugar:** Raw sugar is made from the first stage of refining sugar cane and has a strong sweet taste and caramel color.
- **Sorghum syrup:** Sorghum syrup is a highly nutritious product made from the sorghum plant. It's similar in consistency to honey but has a much darker color.
- **Ethyl maltol:** Ethyl maltol is a sweet smelling, sweet tasting natural compound used as a flavoring. It's often found in tobacco products, baked good, chewing gum, and beverages.