



HEALTHY GIRL HOME

*Sneaky Names For*  
**Sugar**

LEARN HOW TO FIND AND  
LIMIT ADDED SUGARS IN  
YOUR FOOD.

# SUGAR 101

## *What it does to your body*

Sugar may be sweet. But what it does to your health is anything but. Here's what I mean...

### How Sugar Affects Your Health

- **Insulin resistance:** Sweetened foods like soda, cookies, and candy spike your blood sugar (also known as blood glucose). As your blood sugar rises, your pancreas pumps out insulin to help get glucose into your cells. But if you eat a high-sugar diet for too long, your body can become less sensitive to insulin. This is known as insulin resistance, and it can lead to diabetes.
- **Weight:** Sugary foods are low in nutrients and fiber, but high in calories. That's why high-sugar diets are linked with weight gain. Also, people who eat more sugar tend to have more visceral fat (aka belly fat), a risk factor for chronic diseases like diabetes, heart disease, and some cancers.
- **Liver:** Your liver uses a form of sugar (fructose) to make fat. Eating too much sugar can cause fatty buildup in the liver and over time, put you at risk of liver disease.
- **Heart:** High sugar diets increase the risk of heart disease, high blood pressure, high triglycerides, and high LDL "bad" cholesterol.
- **Skin:** Diets high in added sugars are linked with acne and premature aging.
- **Mood:** Depression and anxiety are more common in people who eat high-sugar diets. Research shows cutting back on sugar may ease these symptoms.
- **Energy:** Sugar provides an instant source of energy. But soon after, your blood sugar crashes, along with your energy levels.
- **Brain:** When your blood sugar stays high, it damages blood vessels that carry oxygen-rich blood to your brain. This can lead to brain fog, memory and attention issues. High sugar diets also increase the risk of developing dementia.

# 60 NAMES FOR SUGAR

Added sugar is in nearly every packaged product. Below are ingredients you may see on the package that are alternate names for sugar. Ingredients are listed by percentage within the product; the first ingredient being of the highest quantity. Look to see if multiple ingredients below are listed on the package. Companies will often use different types of sugar so that they don't have to list it as the first ingredient.

Agave Nectar/Syrup	Dextrin	Malt syrup
Barbados sugar	Dextrose	Maltose
Barley malt	Diastatic malt	Mannose
Beet sugar	Ethyl maltol	Maple syrup
Blackstrap molasses	Evaporated cane juice	Muscovado sugar
Brown rice syrup	Fructose	Molasses
Brown sugar	Fruit juice	Panela sugar
Buttered sugar/buttercream	Fruit juice concentrate	Palm sugar
Cane juice crystals	Golden syrup	Panocha
Cane sugar	Galactose	Powdered sugar
Caramel	Golden sugar	Raw sugar
Carob syrup	Golden syrup	Refiner's syrup
Castor sugar	Glucose	Rice syrup
Coconut sugar	Glucose syrup solids	Saccharose
Confectioner's sugar	Grape sugar	Sorghum syrup
Corn syrup	High-Fructose Corn Syrup (HFCS)	Sucanat
Corn syrup solids	Honey	Sucrose
Crystalline fructose	Invert sugar	Turbinado sugar
Date sugar	Lactose	Treacle
Demerara sugar	Maltodextrin	Yellow sugar

