

## Added Sugars

Sugars are naturally occurring in dairy and fruits or added to foods.  
Most sugar consumed is from added sugars.

### Forms of added sugars:

anhydrous dextrose	liquid fructose
agave syrup (or fruit nectar)	high-fructose corn syrup (HFCS)
brown rice syrup	honey
brown sugar	invert sugar
cane juice	lactose
cane juice crystal	malt syrup
coconut palm sugar	maltose
confectioner's powdered sugar	maple syrup
corn syrup	molasses
corn syrup solids	nectars (from fruit)
crystal dextrose	palm sugar
date sugar	pancake syrup
evaporated corn sweetener	raw sugar
glucose	sucrose
dextrose	sugar
fructose	sugar cane juice
nectars (fruit)	white granulated sugar