The Many Ways To Say Added Sugar Transcript

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Names for Added Sugar

So here's a quick tip. Here are the many ways of saying added sugar. So first off, anything with the words agave, corn, cane, malt, syrup, and of course straight up sugar, another thing is you want to look for any derivatives of rice unless it's vinegar.

Things that say like brown rice syrup. That's also sugar any word with a suffix os like fructose, dextrose, maltose or sucrose. So those are things, if you see those on a food label, it equals sugar.

So I would avoid these as best possible.