

# SUGAR, THE MASTER UNDERCOVER AGENT

## Natural Sugar Forms

- Glucose
- Fructose
- Galactose
- Sucrose
- Dextrose
- Lactose
- Maltose
- Oligofructose
- Isomaltose
- Isomalt
- saccharose
- Trehalose
- Amylose
- Pentose
- Maltodextrine
- Amylopectin
- Maltitol
- Sorbitol
- Xylitol
- Hexitol
- Erythritol

- Mannitol
- Glycerol
- Polydextrose

## Types of Sugars

- Agave
- Brown Sugar
- Cane sugar
- Castor Sugar
- coconut sugar
- Corn syrup solids
- Date sugar
- Demerar sugar
- Glucose solids
- Golden syrup
- Golden sugar
- Honey
- Icing sugar
- Grape sugar
- Pure (confectioner's) icing sugar
- Maple syrup

- Molases (blackstrap)
- Muscovado sugar
- Palm sugar
- Panela sugar
- Raw sugar
- Rice Bran syrup
- Rice malt
- White sugar
- Treacle
- Tapioca syrup
- Turbinado sugar
- Yellow sugar

## Undercover Sugars

- Anhydrose dextrose
- barbado sugar
- Barley Malt
- Barley Malt syrup
- beet sugar
- Buttered sugar/butter-cream
- Caramel
- Carob Syrup
- Cane juice
- Carbitol
- Corn syrup
- Corn sweetener\Crystal dextrose
- Crystalline fructose
- Dextran
- Dextrin
- Dehydrated cane juice
- diastatic malt
- diglyceride
- disaccharide



- Ethyl maltol
- Evaporated cane juice
- Florida crystals
- Fructose sweetener
- Fruit juice
- Fruit juice concentrate
- Fructooligosaccharide
- Glucitol
- Glucoamine
- Glycyrrhizin (licorice)
- High Fructose Corn Syrup (HFCS)
- Invert sugar
- Liquid fructose
- Malt sugar
- Malt syrup
- Maltol
- Mannose

- Monk fruit
- Nectars
- Oat syrup
- Panel
- Panocha
- Raisin syrup
- Raspadura
- refiner's syrup
- Ribose rice syrup
- Sorghum syrup
- Syrup

### Natural Sweeteners

- Stevia
- Erythritol
- Xylitol
- Sorbitol
- Zylose

### Artificial Sweeteners

- Acesulfame K
- Aspartame (equal, nutrasweet)
- Lactulose
- Neotame
- Saccharin
- Suchralose (splenda)
- Tagatose



## Natural Sugars

- Are found in fruits, vegetables, nuts, seeds, legumes and dairy.
- They are considered simple carbohydrates, as once ingested by the body are easily taken up by your cells and used for energy - especially by the brain.
- So, in of itself it is not a bad thing. The issue becomes when you eat too much of anything with these lovely tasting simple carbohydrates, and your body is not able to use it all. Leading to all kinds of health issues.
- The W.H.O recommends that our total added sugar, from the processed and packaged foods and drinks, should be no more than 10% of your daily energy intake.
- Some of you may have issues digesting - fructan, galactooligosaccharide, lactose, fructose, Sorbitol, Maltitol, Xylitol and Isomalt (FODMAPS)
- 4g=approx 1teaspoon, remember to read the nutrient panel!

## Sugar alcohols

Your body naturally produces these compounds from various biochemical processes that occur for you to function.

These are also produced in plants.

- Xylitol is sourced from the root of the Birch tree or corn.
- Erythritol and Sorbitol is the by product of fermented sugar
- Zylose is sourced from trees

If taken in large amounts, they can produce a laxative effect. So use sparingly.

Even though these are 'better forms' of sugar for diabetics, since they do not raise you sugar levels too much. It is not meant to replace it, giving you permission to ingest large amounts of sweets, drinks, etc. It can be used as a way to work towards reducing and eliminating your sugar intake.

## Artificial sugars

Should be avoided at all costs, as some of them can cause serious health issues.

Better to use smaller amounts of natural sugar and sweetener, if needed. Or where possible, do not have at all

