

Coach Mike's Personal Training, LLC

Hidden Sugars

Read the food labels and watch out for these, in the end, they are all sugar.

Agave Nectar	Barbados Sugar	Barley Malt Syrup	Beet Sugar
Blackstrap Molasses	Cane Crystals	Cane Juice Crystals	Castor Sugar
Corn Sweetener	Corn Syrup	Corn Syrup Solids	Crystalline Fructose
Date Sugar	Demerara Sugar	Dextrose	Evaporated Cane Juice
Florida Crystals	Fructose	Fruit Juice	Fruit Juice Concentrate
Galactose	Glucose	Glucose Solids	Golden Sugar
Golden Syrup	Granulated Sugar	Grape Juice Concentrate	Grape Sugar
High Fructose Corn Syrup	Honey	Icing Sugar	Invert Sugar
Lactose	Malt Syrup	Maltodextrin	Maltose
Mannitol	Maple Syrup	Molasses	Muscovado Syrup
Organic Raw Sugar	Powered Sugar	Raw Sugar	Refiners Syrup
Rice Syrup	Sorbitol	Sorghum Syrup	Sucrose
Table Sugar	Treacle	Turbinado Sugar	Yellow Sugar

Recommended limit for added sugar is 24 grams (6 teaspoons) per day.

Best source of “sugars” is “natural sugar” – Fruits and some vegetables as they contain Fiber and slow the sugar’s absorption in your body which in turn prevents an insulin spike.