

Get sugar savvy

Hidden sugars

We usually think of sugar as the white granules we spoon into coffee and tea or add to baking recipes. But sugar comes in many forms and they can all contribute to tooth decay.

Sugar can be called over 50 different names, making it hard to detect on food and drink labels. These are known as **hidden sugars**.

Look out for these names on the ingredient list of nutrition information panels when shopping. Even foods and drinks which claim to have no added or refined sugars, can contain a lot of sugar. The closer the ingredient is to the top of the ingredient list, the more of it present in the food or drink.

Common names for sugar



Agave nectar



Brown sugar



Cane juice



Cane sugar



Castor sugar



Coconut sugar



Caramel



Corn syrup



Date sugar



Dextrose



Fructose



Fruit juice



Fruit juice concentrate



Glucose



Golden syrup



High fructose corn syrup



Honey



Icing sugar



Malt syrup



Maltodextrin



Maltose



Maple syrup



Molasses



Palm sugar



Raw sugar



Rice Malt



Succharose



Sucrose



Syrup



Treacle

