VITALS VAULT

FREE GUIDE

The sugar name decoder for labels

Sugar hides under many names on an ingredient list. This page groups the names by family so you can spot added sugar fast, then add up what you really eat.

FOUR FAMILIES OF SWEETENERS

Family	Names to look for
Caloric sugars	Sucrose, agave, honey, maple, corn syrup (HFCS), maltodextrin, dextrose, juice concentrate
Artificial	Aspartame, sucralose, acesulfame-K, saccharin
Sugar alcohols	Erythritol, xylitol, sorbitol, maltitol
Natural, no calories	Monk fruit, allulose, stevia leaf, tagatose

HIDDEN SUGAR: TICK WHAT YOU ATE THIS WEEK

- ☐ Soda
- ☐ Sweetened tea
- ☐ Energy drinks
- ☐ Cereal
- ☐ Soup
- ☐ Yogurt
- ☐ Bread
- ☐ Lunch meat
- ☐ Salad dressing
- ☐ Pasta sauce
- ☐ Baked goods

LABEL MATH

Multiply the grams on the label by the servings you ate. Example: 3 servings of a 2/3-cup serving gave 36 g sugar, 30 g of it added. Only caloric sugars count in the added sugar line, so read the ingredient list too.

QUESTIONS TO ASK

- ☐ Do I eat more added sugar than the heart association caps of 25 g (women) or 36 g (men)?
- ☐ Which of my blood sugar or triglyceride results should I track with my diet?
- ☐ Are sugar alcohols a problem for my digestion?
- ☐ How often should my blood sugar be rechecked?

Sources: Our own checklist from a sweetener overview. The label's % Daily Value uses 50 g a day, above the AHA advice.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com