What are the different names for Sugar?

Learning about sugar is an important part of breaking that sugar cycle. Manufacturers label sugar under many different names which can be confusing to the consumer. By learning what sugar is also called you will be able to read the ingredients listed in nutrition labels allowing you to shop easier.

SO WHAT ARE THE NAMES OF SUGAR?

Sugar has over 50 different names...isn't that crazy?? This helpful graphic from Women's Health outlines some of the names of sugar. Print this off and keep handy in your wallet when you shop.

Now you know all these names we can move into the steps to start dropping Sugar from your Diet!!!