



Phyllis Reid Jarvis

Your Health is Your Wealth - Start Investing Now!

Life Coaching, Nutrition & Health Consultations

Website: <http://www.UltimatePotentials.com>

Email: [living@ultimatepotentials.com](mailto:living@ultimatepotentials.com)

Telephone: 204-942-8179

Toll free: 1-877-655-0507

## Misleading Food Labels...

### The Other Faces Of Sugar:

Sucrose	Molasses	Corn Syrup
Glucose	Honey	Maltose
Lactose	Sorbitol	Fructose
Fruit Juice concentrates	Mannitol	Dextrose
Sugar alcohols	Galactose	Raw sugar
<sup>1</sup> Invert sugar	Brown sugar	
<sup>2</sup> Turbinado sugar	Confectioner's sugar	Maple syrup
Granulated sugar	High-fructose corn syrup	

<sup>1</sup>sucrose broken down into a mixture of glucose and fructose

<sup>2</sup>raw sugar with most of the molasses washed away

### Watch Out For The Following...

1. **No sugar added or unsweetened** – contains natural sugar
2. **Sugar-free** – no sugar but may have other forms such as mannitol, sorbitol, (sugar alcohols) fructose
3. **Calorie- reduced** – must contain half of the calories of the original product
4. **Natural** – may be high in sugar and fat, e.g. some granola bars and cereals
5. **Dietetic/diabetic** – use other forms of sugar and are not always lower in calories



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6. *Lite* – not always lower in calories, lite could mean just about anything