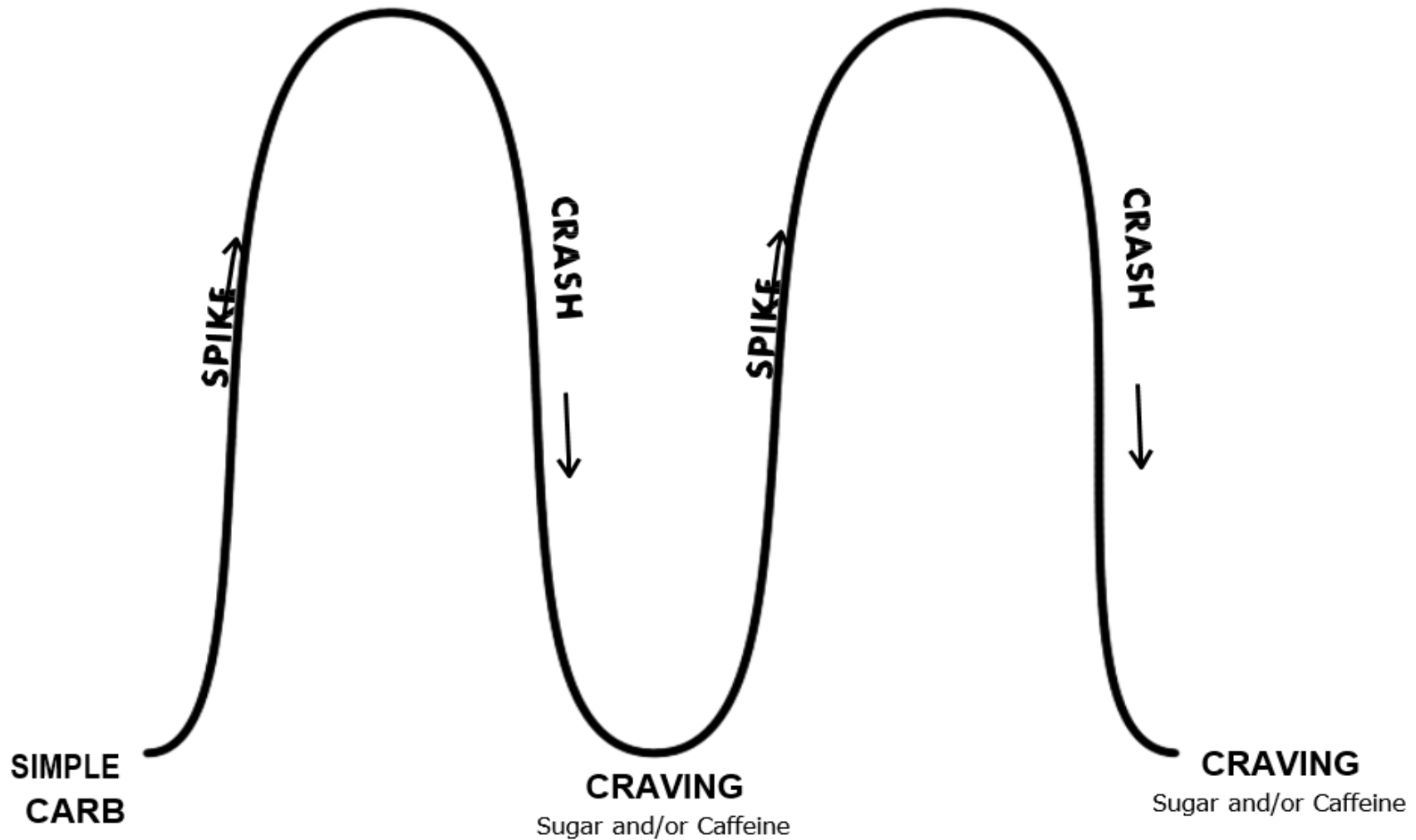


## Blood Sugar Roller Coaster



## Names for Sugar on Food Labels

Barley Malt	Dextrose	Lactose
Beet Sugar	Diastase	Malt Syrup
Brown Sugar	Ethyl Maltol	Maltodextrin
Buttered Syrup	Fructose	Maltose
Cane Juice Crystals	Fruit Juice and Fruit Juice	Mannitol
Cane Sugar	Concentrate	Molasses
Caramel	Glucose	Raw Sugar
Carob Syrup	Glucose Solids	-Refiner's Syrup
Corn Syrup Solids	Golden Sugar	-Sorbitol
Date Sugar	Grape Sugar	Sorghum Syrup
Dehydrated Cane Juice	High Fructose Corn syrup	Sucanat
Dextran	Honey	-Sucrose
	Invert Sugar	Sugar
		-Turbinado Sugar
		-Xylitol