

Watch for Hidden Sugar



- Read the food label
- If sugar or any other name for sugar is listed as one of the 1st 3 ingredients, do **NOT** use that product

Other Names for Sugar

Sugar	Honey	Corn Syrup
Sucrose	Fructose	Glucose
Dextrose	Molasses	

Foods High in Sugar



BBQ Sauce	Gum	Pop Tarts
Cake	Honey	Pudding
Candy	Hot Chocolate	Regular Soda
Cookies	Ice cream	Lemonade
Donuts	Jam/Jelly	Sweet tea
Frozen yogurt	Flavored yogurt	Juice bars
Syrup	Fruit punch	Kool-aid
Fudgesicles	Muffins	Tapioca
Popsicles	Pies	



****You *can* use the sugar-free versions of these products**

NOTE- Eating too much sugar-free substitutes can cause dumping (examples: sorbitol, mannitol)