

Remember To Read Labels:

Refined Sugar May Appear on the Label As ...

by Active Vegetarian

- 1 **CANE JUICE**
- 2 **MOLASSES**
- 3 **CAROB POWDER**
- 4 **PROCESSED FRUCTOSE**
- 5 **CORN SYRUP**
- 6 **SORBITOL**
- 7 **DEXTROSE**
- 8 **SUCROSE**
- 9 **HIGH FRUCTOSE CORN SYRUP**
- 10 **TURBINADO**
- 11 **FRUIT JUICE CONCENTRATE**
- 12 **WHITE SUGAR**
- 13 **MALTODEXTRIN**
- 14 **RICE SYRUP**

+ 51 OTHER COMMON NAMES!