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The Many Names of Sugar

Real Brown sugar consists of sugar crystals contained in molasses syrup with natural flavor and color. Some refiners make brown sugar by adding syrup and caramel color to refined white sugar. It is 91% to 96% sucrose.

Confectioner's sugar, or powdered sugar, consists of finely ground sucrose crystals and mixed with a small amount of cornstarch.

Corn syrups, produced by the action of enzymes and/or acids on cornstarch, are the result of splitting starch. Three major producers' contain 42%, 55% and 90% fructose. Dextrose comprises most of the remainder. **Toxic to your liver.**

Dextrose, or glucose, is also known as corn sugar. It's commercially made from starch by the action of heat and acids, or enzymes. It is sold blended with regular sugar.

High-fructose corn syrup (HFCS) is a sweetener made from cornstarch. The amounts of fructose vary with the manufacturer. An enzyme-linked process increases the fructose content, thus making HFCS sweeter than regular corn syrup. **Toxic to your liver.**

Honey is an invert sugar formed by an enzyme from nectar gathered by bees. Honey contains fructose, glucose, maltose and sucrose. Buy local, raw honey and use in moderation. Best when not used in cooking.

Invert sugar is a mixture of glucose and fructose. Invert sugar is formed by splitting sucrose in a process called inversion. This sugar prevents crystallization of cane sugar in candy making.

Lactose, or milk sugar, is made from whey and skim milk for commercial purposes. It occurs in the milk of mammals. The pharmaceutical industry is a primary user of prepared lactose.

Levulose, or fructose, is a commercial sugar much sweeter than sucrose. Its sweetness actually depends on its physical form and how it's used in cooking. Fructose, known as a fruit sugar, occurs naturally in many fruits.

Raw sugar consists of coarse, granulated crystals formed from the evaporation of sugar cane juice. Raw sugar contains impurities and cannot be sold in grocery stores due to FDA regulations.

Sorbitol, mannitol, malitol and xylitol are sugar alcohols or polyols. They occur naturally in fruits and are produced commercially from such sources as dextrose. Xylitol is a sugar alcohol made from a part of birch trees. Sorbitol, mannitol and malitol are about half as sweet as sucrose. Xylitol has a sweetness equal to sucrose. **Sugar alcohol safety is questionable.**

Sucrose, or table sugar, from sugar cane or sugar beets consists of two simple sugars, glucose and fructose. It is about 99.9% pure and sold in either granulated or powdered form. This is refined white table sugar.

Turbinado sugar is raw sugar that goes through a refining process to remove impurities and most of the molasses. It is edible if processed under proper conditions; however, some samples in the past contained trace contaminants.

Adapted from Dietary Sugar and Alternative Sweeteners by Janice R. Herman, PhD, RD/LD, Nutrition Education Specialist www.karlloren.com/diet/p36.htm

Most Common Sources of Added Sugar

According to the American Heart Association, these food groups contribute the highest percentage of total added-sugar to diets of Americans. (Added sugar is sugar added to food during the manufacturing process or at the table, not sugars that occur naturally in foods like fruit.)

Regular soft drinks	33.0%
Sugars and candy	16.1
Cakes, cookies, pies	12.9
Fruit drinks (fruitades and fruit punch)	9.7
Dairy desserts and milk products (ice cream, sweetened yogurt, and sweetened milk)	8.6
Other grains (cinnamon toast and honey-nut waffles)	5.8

For more information visit: <http://www.heart.org/presenter.jhtml?identifier=3068932>