# Spotting Hidden Sugars

This playbook provides a step-by-step guide on how to identify hidden sugars in processed foods. It aims to help individuals make informed choices and reduce their sugar intake by understanding food labels and ingredients.

### Step 1: Read Labels

Carefully read the nutrition labels on food packages, focusing on the 'Carbohydrates (of which sugars)' section to assess the amount of sugar.

### Step 2: Ingredient List

Review the ingredients list for different names that sugar can be hidden under, such as sucrose, fructose, dextrose, and any other words ending in '-ose', as well as syrups and juices.

### Step 3: Serving Size

Check the serving size to ensure that the sugar content is understood in the context of how much you will actually consume.

### Step 4: Daily Intake

Compare the amount of sugar in the product to the recommended daily intake to determine if it is a reasonable amount.

### Step 5: Alternative Terms

Be aware that terms like 'no added sugar' or 'unsweetened' do not mean the product is sugar-free; there could still be natural sugars present.

## General Notes

### Natural Sugars

Remember that natural sugars in fruits and dairy are generally considered healthier but should still be consumed in moderation.

### Sugar Alcohols

Sugar alcohols (such as xylitol, sorbitol) are often used as sweeteners and can have an impact on blood sugar levels, albeit usually less than regular sugar.

### Healthier Alternatives

Consider natural sweeteners like stevia and monk fruit which do not raise blood sugar levels in the same way as conventional sugars.