

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.