**57 Sneaky Sugars to Avoid**

Posted: 11/20/2013 9:42 am EST Updated: 11/20/2013 12:07 pm ES

Every day we learn something new about how sugar destroys our health and expands our waistlines. Even worse, it seems like every other day food corporations come up with a new name for sugar. For example, all of the following are basically sugar, from our metabolism's perspective:

1. Agave Nectar   
2. Barley Malt   
3. Beet Sugar   
4. Brown Sugar   
5. Buttered Syrup   
6. Cane Crystals   
7. Cane Juice Crystals   
8. Cane Sugar   
9. Caramel   
10. Carob Syrup   
11. Castor Sugar   
12. Confectioner's Sugar   
13. Corn Sweetener   
14. Corn Syrup   
15. Corn Syrup Solids   
16. Crystalline Fructose   
17. Date Sugar   
18. Demerara Sugar   
19. Dextran   
20. Dextrose   
21. Diastatic Malt   
22. Diatase   
23. Ethyl Maltol   
24. Evaporated Cane Juice   
25. Fructose   
26. Fruit Juice   
27. Fruit Juice Concentrates   
28. Galactose   
29. Glucose   
30. Glucose Solids   
31. Golden Sugar   
32. Golden Syrup   
33. Granulated Sugar   
34. Grape Sugar   
35. High-Fructose Corn Syrup   
36. Honey   
37. Icing Sugar   
38. Invert Sugar   
39. Lactose   
40. Malt Syrup   
41. Maltodextrin   
42. Maltose   
43. Maple Syrup   
44. Molasses   
45. Muscovado Sugar   
46. Panocha   
47. Raw Sugar   
48. Refiner's Syrup   
49. Rice Syrup   
50. Sorbitol   
51. Sorghum Syrup   
52. Sucrose   
53. Sugar   
54. Syrup   
55. Treacle   
56. Turbinado Sugar   
57. Yellow Sugar

**Sugar By Any Name is Just as Toxic and Addictive**  
Memorizing this list isn't important. It is important to know that any form of caloric sweetener harms our health and leads to weight gain. Put differently, our body does not care where sweetener calories come from. To our body, apple juice is basically the same as soda, since they both contain about 30 grams of sugar. A "weight loss" bar with 30 grams of sweeteners causes the same clog as a candy bar with 30 grams of sugar. "Heart smart" cereal is worse than breakfast pastries -- they are both full of sweeteners, but you may feel bad eating more than two pastries while happily filling bowl after bowl with "enriched" sweetened cereal.

**Don't Be Deceived by "Natural" Marketing**  
It's also important that you protect yourself from misleading "natural" marketing. Unnatural high-fructose corn syrup is [42 percent fructose](http://www.ers.usda.gov/topics/crops/sugar-sweeteners/background.aspx#.UozJVdLOmSo). Natural agave nectar is[about 90 percent fructose](http://www.webmd.com/diet/features/the-truth-about-agave). Snake venom is also natural. Sure the juice, bar, cereal and agave may have some additional accompanying nutrients, but that doesn't make the sweeteners in them any less harmful. Dissolving a vitamin pill in a can of soda doesn't make the soda healthy.

**Who Else is Fed Up With High-Fructose Corn Syrup?**  
One of the biggest sugar offenders is high-fructose corn syrup. This caloric sweetener is especially common in low-calorie and low-fat products and is especially fattening. Combine this with the guidance to avoid calories and foods containing fat, and we end up unintentionally eating 10,475 percent more high-fructose corn syrup than we did in 1970. [1] [2] Eating all that high-fructose corn syrup is particularly harmful. In studies, rats that were fed high-fructose corn syrup consistently got fatter and sicker than rats fed the exact same amount of sugar. [3] [4] [5] [6] [7] [8]

Bottom line: If what you are about to eat isn't something found directly in nature (vegetables, seafood, meat, fruit, nuts, seeds, etc.), it's likely had "sugar" added to it. Keep wellness simple and stick with natural whole foods. You'll be "sugar" free and slim.