

Watch for Added Sugar!

Senorita Sugar hides under many names:

corn syrup
high fructose corn syrup
corn sweetener
dehydrated cane juice
fruit juice concentrate
malt syrup
maltodextrin
maple syrup
syrup
brown sugar
honey
words ending in **ose**
glucose
fructose
sucrose
maltose
dextrose
lactose
galactose

