

# Señorita Sugar's MANY aliases...



Señorita Sugar often puts on disguise, and goes by other names. Be a *smart detective* and know to spot her if you see any of these names listed on the food label...

- agave nectar
- brown sugar
- cane juice or cane sugar
- corn sweetener
- corn syrup
- dextrin
- fruit juice concentrate
- high fructose corn syrup
- honey
- malt syrup
- maltodextrin
- maple syrup
- molasses
- syrup

## Anything ending in -ose

- glucose
- fructose
- sucrose
- dextrose
- lactose
- maltose