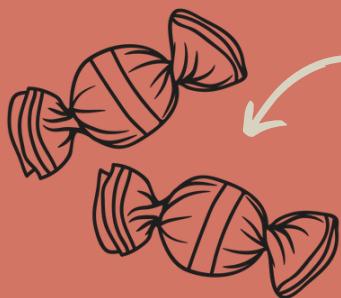




# TYPES OF SUGAR

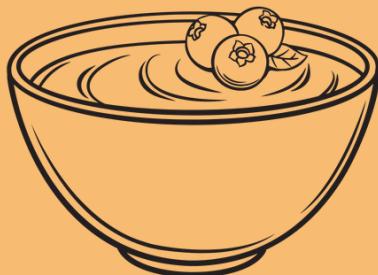
## OBVIOUS SUGAR



*obvious sugar is processed, sweet-tasting, and often listed on the label*

- candy
- ice cream
- cookies, cake, etc
- sweetened beverages
- syrups & jams
- baking sugar
- corn syrup

## SNEAKY SUGAR



*sneaky sugars are often hidden in food products marketed to be "healthy"*

- yogurt
- granola
- energy bars
- smoothies
- salad dressing
- nut butters
- kombucha

## PRE-SUGAR



*pre-sugars do not necessarily taste sweet, but convert to glucose in your body almost immediately*

- bread
- pasta
- cereal
- crackers
- puffs & pretzels
- anything with flour
- potato products

## FRUIT SUGAR



*fruit sugar metabolism is aided by the fiber, enzymes, and nutrients also contained in whole fruit*

- low sugar fruits
  - berries
  - melons
  - citrus
- high sugar fruits
  - tropical
  - grapes