

Hypoglycemia

The *Other* Sugar Disease, 2nd Edition

Watch for these Hidden Sugars

Barley malt/malted barley	Dextrose	Maple syrup
Beet sugar	Disaccharide	Microcrystalline cellulose
Black strap molasses	Fructo-oligosaccharides	Molasses
Brown rice sugar	Fructose	Natural sweeteners
Brown rice syrup	Fruit juice concentrate	Polydextrose
Brown sugar	Galactose	Powdered sugar
Cane juice	Glucose	Raisin juice or syrup
Cane sugar	Glycerin	Raw sugar
Cane syrup	Granulated sugar	Rice syrup
Cane syrup solids	Hexitol	Simple syrup
Caramel	High-fructose corn syrup	Sorghum
Caramel coloring	Honey	Sucanat
Confectioners' sugar	Invert sugar	Sucrose (White table sugar; 50% glucose 50% fructose.)
Corn sweetener	Lactose	Sugar cane syrup
Corn syrup	Levulose	Syrup
Corn syrup solids	Malt	Turbinado sugar
Crystalline fructose	Maltodextrin	Unrefined sugar
Date sugar	Maltose	
Dextrin	Maple sugar	

Source: This partial list was used with permission. Connie Bennett, www.SugarShock.com, Founder/Moderator, Yahoo kicksugar support group.