

THE MANY DISGUISES OF SUGAR

Patients were then given insights into the secrets of the manufacturers. Manufacturers are required to list ingredients in descending order – the highest quantity first. To avoid having “sugar” as the first ingredient, food manufacturers may use multiple forms of sugar– each with a different name – and list each one individually on the nutrient label. By using this tactic, sugars are represented separately in smaller amounts, making it more difficult for consumers to determine how much overall sugar is in a product.

Patients learnt to hunt out the sugar in its many disguises: glucose, fructose, sucrose, dextrose, brown sugar, honey, corn syrup, maple syrup, molasses, evaporated cane juice, inverted sugar, hydrolysed starch, fruit puree, fruit juice.

Patients ended the session knowing:

- (a) their bodies metabolizes all added sugars the same way
- (b) the body does not distinguish between “brown sugar” and “honey”
- (c) how spot all sources of added sugars even if they’re not listed as the first few ingredients
- (d) their favourite cola beverages contain 53 grams or 13 teaspoons of added sugar and 212 calories to their recommended total.