

LOOKING FOR SUGAR?

It goes by many names.

BROWN RICE SYRUP CORN SYRUP
HONEY FRUIT NECTAR
MAPLE SYRUP MALT SYRUP
AGAVE NECTAR MOLASSES
EVAPORATED CANE JUICE CORN SYRUP SOLIDS
GLUCOSE **SUGAR**
SUCROSE
FRUCTOSE FRUIT JUICE CONCENTRATE
GALACTOSE GLUCOSE-FRUCTOSE SYRUP
CRYSTALLINE FRUCTOSE MALTOSE
DEXTROSE HIGH-FRUCTOSE CORN SYRUP

If a sweetener is listed in the first three ingredients, the drink is loaded with sugar.



Drink water or low-fat milk.

Get the facts at playeveryday.alaska.gov.

