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
- SUCROSE
- SUGAR
- 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.