

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.

