Sweet Disguises

Hidden sugars in food

June 5, 2017 By Alicia Green

If you're hoping to regulate the amount of sugar you consume, take a closer look at nutrition labels when you shop. There are almost 61 names for this compound, and companies simply use sugary substances with aliases to sweeten their products.

Sugar includes sweeteners such as molasses, honey, fruit juice concentrates, corn syrup and anything ending in "-ose" (for example, dextrose, fructose and sucrose). Certainly, these terms may confuse the average person at first glance.

But it's important to note that there's a difference between naturally occurring sugar and added sugars. The former is in such foods as fruits (as fructose) and in milk (as lactose), while the latter is incorporated into different kinds of foods or beverages (many that don't taste sweet) when they're processed or prepared.

Our bodies don't need sugars to function properly, according to the American Heart Association (AHA). In addition, the sweet stuff adds extra calories to food but no nutrients. This is why the AHA recommends we limit the amount of added sugars we eat based on our daily calorie allowance.

Men should have no more than nine teaspoons of sugar each day (36 grams) and women and most children no more than six teaspoons (24 grams).

© 2026 Smart + Strong All Rights Reserved.