

— FREE QUICK-START • EVERYDAY EATING

50 Names *for Added* Sugar

Every name for added sugar in seven families, the daily limits, the 5/20 rule, and a pantry sweep that adds up your five staples.

**50**

NAMES

7

FAMILIES

5/20

THE RULE

5

STAPLES SWEEP

NUTRITION • FREE DECODER CARD

50 Names for *Added Sugar*

Every alias a manufacturer can legally print for added sugar, grouped into seven families so you can spot the pattern instead of memorizing a list, plus the daily added-sugar limits, the 5/20 rule, and a pantry sweep that adds up your five staples.

25 G WOMEN AHA added-sugar ceiling (6 tsp)	36 G MEN AHA added-sugar ceiling (9 tsp)	50 G DV the FDA 100% daily value	5 / 20 %DV RULE 5% or less is low; 20% or more is high
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How to use this card

15 MINUTES

STEP 1 Learn the seven families Once you see the families, an ingredients list stops being a list and starts being a count of sweeteners.	STEP 2 Sweep your five staples Cereal, yogurt, bread, sauce and a snack bar: count the aliases and type the added sugars into the pantry sweep.	STEP 3 Apply the limit Added sugar under 25 to 36 g for the whole day. Read the added-sugars line, not the total-sugars line.	STEP 4 Use 5/20 in the aisle 5% DV of added sugar or less is a low choice; 20% or more is a dessert wearing a health costume.
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WHOLE FRUIT IS NOT ON THIS LIST

The fiber, water and structure of whole fruit change how its sugar is absorbed; whole fruit is not an added sugar and is not the target of this card. Juice and concentrates, by contrast, count as free sugars. The line is processing, not sweetness.

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Why One Sugar Becomes Five Names

3 SOURCES

Ingredients are listed by weight, so the simplest label trick is to split one sweetener into several aliases: each too small to top the list, together often the largest ingredient in the box.

The family pattern defeats the split. A label can hide sugar as cane syrup plus fruit juice concentrate plus maltodextrin, each buried mid-list. Read by family, the three aliases collapse into one obvious total: this is a sweetened product.

"No added sugar" is not "no sugar". Juice concentrates and fruit syrups used to sweeten a food are sugar in everything but name. Since 2020 the US label counts them as added sugars (beyond what the same amount of 100% juice would contain), but front-of-pack claims still lean on the ambiguity.

The limit is smaller than you think. The American Heart Association limits, 25 g for women and 36 g for men, are six to nine teaspoons. A single "healthy" granola or flavored yogurt can spend half of that at breakfast.

THE EVIDENCE BEHIND IT

JOHNSON ET AL., CIRCULATION 2009 (AHA)

Added sugars: no more than 25 g a day for most women and 36 g for most men; children under 25 g (Vos et al., Circulation 2017).

FDA, 21 CFR 101.9 (2016 RULE)

Added sugars carry a 50 g Daily Value and are declared separately from total sugars, on US labels since 2020 to 2021.

WHO SUGARS GUIDELINE, 2015

Free sugars below 10% of energy (about 50 g), with further benefit below 5% (about 25 g).

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Seven Families of Added Sugar

TICK WHAT YOU FIND

Tick each name you find in your own cupboard. Most kitchens hold ten or more.

THE "-OSE" SUGARS • 8

the chemistry giveaway

☐ Dextrose

☐ Glucose

☐ Maltose

☐ Isomaltulose

☐ Fructose

☐ Lactose (when added)

☐ Sucrose

☐ Trehalose

SYRUPS • 12

any "syrup" is added sugar

☐ Agave nectar

☐ Brown rice syrup

☐ Carob syrup

☐ Malt syrup

☐ Oat syrup

☐ Rice syrup

☐ Barley malt syrup

☐ Cane syrup

☐ Golden syrup

☐ Maple syrup

☐ Refiner's syrup

☐ Sorghum syrup

CANE & BEET • 12

the same sugar, dressed up

☐ Beet sugar

☐ Cane crystals

☐ Confectioners' sugar

☐ Evaporated cane juice

☐ Muscovado

☐ Raw sugar

☐ Brown sugar

☐ Cane juice

☐ Demerara

☐ Icing sugar

☐ Panela

☐ Turbinado

FRUIT-DERIVED • 4

added sugar with a fruit accent

☐ Apple juice concentrate

☐ Date syrup

☐ Date sugar

☐ Fruit juice concentrate

MOLASSES FAMILY • 3

still added sugar

☐ Blackstrap molasses

☐ Treacle

☐ Molasses

STARCH DERIVATIVES • 6

the stealth industrial group

☐ Corn sweetener

☐ Corn syrup solids

☐ High-fructose corn syrup

☐ Corn syrup

☐ Glucose solids

☐ Maltodextrin*

THE REST • 5

no family, same sugar

☐ Caramel

☐ Honey

☐ Palm sugar

☐ Coconut sugar

☐ Invert sugar

NAMES FOUND IN MY CUPBOARD

* Maltodextrin is a starch that behaves like sugar in the body; it is not counted on the US added-sugars line.

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HealthSecrets 50 NAMES FOR ADDED SUGAR

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The Pantry Sweep

CALCULATES

For five staples, type the added sugars per serving from the label and count the sugar names in the ingredient list. The %DV and teaspoons fill in.

STAPLE	SUGAR NAMES	ADDED SUGARS (G)	%DV	TEASPOONS
Total				

The total is one serving of each staple. The American Heart Association limit is 25 g a day for most women and 36 g for most men; the FDA Daily Value is 50 g.

THE 5/20 RULE FOR ADDED SUGARS

2.5 g or less per serving is 5% DV or less: a low choice. **10 g or more** is 20% DV or more: a high one. Read the added-sugars line, not total sugars, which also counts the natural sugar in milk and fruit.

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From Fifty Names to the Whole Label

This card finds the sugar. **The Food Label Decoder Workbook** reads the rest of the pack: the ten-second method, every front-of-pack claim, and ten real shelf comparisons.

The 5/20 rule, applied for real
a ten-second method for reading a Nutrition Facts panel and ranking two products objectively.

Sixty names for added sugar
the full list in four families, where sugar hides, and the sweeteners that replace it.

The front-of-package myth-buster
"natural", "no added sugar", "made with real fruit" decoded claim by claim.

Ten head-to-head comparisons
shelf staples compared label-to-label so the better buy is obvious.

THIS FREE CARD

✓ All 50 aliases grouped into seven spot-able families

✓ The added-sugar ceilings and the 5/20 rule

✓ A pantry sweep worksheet for your five staples

THE WORKBOOK ADDS

✓ The 60-name list including the rarer aliases

✓ A ten-second Nutrition Facts method you can trust

✓ Front-of-package claims decoded one by one

✓ Ten label-to-label comparisons of real shelf staples

FILLABLE PDF E-BOOK
Print it or fill it on screen; the calculators work in Acrobat and most browsers, plus a free online edition.

EVIDENCE-LED
Built on the current FDA label rules and WHO and AHA guidance, with sources. No fear-mongering.

ONE-TIME PAYMENT
One payment, no subscription, instant download after checkout.

SEE THE LABEL DECODER →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

Johnson R.K. et al., Circulation 2009; Vos M.B. et al., Circulation 2017 (American Heart Association)	Added-sugar limits for adults and children.
US FDA, Nutrition and Supplement Facts label rule, 21 CFR 101.9 (2016); added sugars guidance	Added-sugars line, 50 g Daily Value, the 5/20 rule.
World Health Organization, Guideline: sugars intake for adults and children (2015)	Free sugars and the 10% and 5% limits.

THIS WEEK

Find the sugar. Then read the rest.

01 • SWEEP

Five staples, alias counts and added sugars typed in.

02 • ONE SWAP

Replace the highest one with a version at 5% DV or less.

03 • GO FURTHER

The Label Decoder reads the whole pack in ten seconds.

Keep reading on healthsecrets.com

FREE • FACT-CHECKED GUIDES

START HERE

What Happens When You Stop Eating Sugar for 30 Days?

A day-by-day timeline of what happens when you quit sugar for 30 days: withdrawal symptoms, metabolic improvements,...

healthsecrets.com/natural-remedies/stop-eating-sugar-30-days →

FREE QUIZ

Food Labels Decoded: What They Don't Want You to Know

Can you decode food industry tricks? Most people are fooled by at least 8 of these.

healthsecrets.com/quizzes/food-labels-decoded-quiz →

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Sugar & Metabolic Health: The Hidden Epidemic

88% of Americans have at least one marker of metabolic dysfunction. How sugar-savvy are you?

healthsecrets.com/quizzes/sugar-metabolic-health-quiz →

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Learn the key differences between food intolerances and food allergies, discover the 5 most common intolerances, an...

healthsecrets.com/gut-health/food-intolerances-vs-allergies →

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[See the Food Label Decoder Workbook](#) →

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