

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 memorising a list — plus the daily added-sugar ceilings and the 5/20 rule that make the label actionable.

- 50 aliases in 7 families
- Daily added-sugar ceilings
- The 5/20 %DV rule
- Pantry sweep worksheet
- 3-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

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 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". Concentrates and syrups derived from fruit are added sugar in everything but name. The FDA now counts them as added sugars on the label, but front-of-pack claims still lean on the ambiguity.

The ceiling is smaller than you think. The AHA limits — 25 g for women, 36 g for men — are about six to nine teaspoons. A single "healthy" granola or flavoured yogurt can spend half of that before breakfast.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
AHA added-sugar guidance	Recommended ceilings of 25 g/day for women and 36 g/day for men.
FDA Nutrition Facts (added sugars)	Added sugars carry a 50 g Daily Value and must be declared separately from total sugars.
WHO free-sugar guidance	Free sugars below 10% of energy, with additional benefit below 5% (~25 g).

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

low below 5, high above 20

QUICK START — THE NEXT TEN MINUTES

- 1

Learn the seven families

Once you see the families, an ingredients list stops being a list and starts being a count of sweeteners.
- 2

Count aliases on your five staples

Cereal, yogurt, bread, sauce and granola bar. Write the count on the pantry sweep below.
- 3

Apply the ceiling

Added sugar under 25/36 g for the whole day. Check the added-sugars line, not the total-sugars line, on the label.
- 4

Use 5/20 in the aisle

Under 5% DV added sugar is a low choice; over 20% is a dessert wearing a health costume.

WHOLE FRUIT IS NOT ON THIS LIST

The fibre, water and matrix of intact 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. The line is processing, not sweetness.

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THE DECODER

Fifty aliases in seven families

Count the families on any label. Three aliases from three families is not variety — it is one sweetener that has changed clothes.

The "-ose" sugars · the chemistry giveaway

- Dextrose
- Fructose
- Glucose
- Lactose
- Maltose
- Sucrose
- Isomaltulose
- Trehalose

Cane & beet · the same sugar, dressed up

- Beet sugar
- Brown sugar
- Cane crystals
- Cane juice
- Confectioners' sugar
- Demerara
- Evaporated cane juice
- Icing sugar
- Muscovado
- Panela
- Raw sugar
- Turbinado

Molasses family · still added sugar

- Blackstrap molasses
- Molasses
- Treacle

The rest · no family, same sugar

- Caramel
- Honey
- Invert sugar
- Palm sugar

THE 5/20 RULE, APPLIED TO ADDED SUGAR

Read the %DV on the added-sugars line. Below 5% is a low choice; above 20% is a dessert in costume. Between 5 and 20, let the day's running total decide. The ceiling — 25 g for women, 36 g for men — is the budget the %DV spends from.

Syrups · any "syrup" is added sugar

- Agave nectar
- Barley malt syrup
- Brown rice syrup
- Cane syrup
- Carob syrup
- Golden syrup
- Malt syrup
- Maple syrup
- Oat syrup
- Refiner's syrup
- Rice syrup
- Sorghum syrup

Fruit-derived · added sugar in a fruit accent

- Apple juice concentrate
- Coconut sugar
- Date sugar
- Date syrup
- Fruit juice concentrate

Starch derivatives · the stealth industrial group

- Corn sweetener
- Corn syrup
- Corn syrup solids
- Glucose solids
- High-fructose corn syrup
- Maltodextrin

Pantry sweep — your five staples

Cereal alias count

Yogurt alias count

Bread alias count

Sauce alias count

Snack bar alias count

Ready for the Complete Step-by-Step Blueprint?

This decoder card gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

Food Label Decoder Workbook

Read a Nutrition Facts panel in ten seconds, spot sixty disguised sugars, and compare products objectively.

Clinical Practice Series · 36 pages · A4 print + fillable

Food Label Decoder Workbook

Cut through misleading marketing claims and compare products objectively.

36 pages

35-Page Workbook + Pocket Card

Clinical Practice Series

\$15 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 The 5/20 rule, applied for real** — a ten-second method for reading a Nutrition Facts panel and ranking two products objectively.
- 1 The front-of-package myth-buster** — "natural", "no added sugar", "made with real fruit" decoded claim by claim.
- 1 Sixty names of disguised added sugar** — the full alias list plus the ten rarer ones this free card omits.
- 1 Ten head-to-head comparisons** — shelf staples compared label-to-label so the better buy is obvious.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free decoder card already gives you

- ☐ 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

What only the 36-page edition has

- ☐ 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

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/FOOD-LABEL-DECODER-WORKBOOK](https://healthsecrets.com/products/food-label-decoder-workbook)

<https://healthsecrets.com/products/food-label-decoder-workbook>

READER-ONLY COUPON

READER20

Use code **READER20** for 20% off your full guide at checkout.

A4 print + fillable

Fold the decoder into a wallet card; run the pantry sweep once a quarter.

FDA-label accurate

Built on the current Nutrition Facts added-sugars rules. No fear-mongering.

One-time payment

\$15 once, no subscription, instant download after checkout.

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