Companies sneak sugar into their products under the guise of a label that sounds vaguely plant-like and harmless, or in plain sight under its scientific name, easy to overlook because you just don’t know what it is. Don’t be fooled. These are all of the sneaky ways sugar may try to hide in the foods you eat. Educate yourself, read your labels, and avoid regular consumption of products with added sugar in any form.

**just plain sugar**

- ______ Sugar (brown sugar, cane sugar, raw sugar, beet sugar, confectioner’s sugar, etc.)
- ______ Syrup (high fructose corn syrup, malt syrup, refiner’s syrup, rice syrup, date syrup, etc.)

**science-y names for sugar**

- Dextrose
- Disaccharide
- Fructose
- Glucose
- Galactose
- Lactose
- Maltose
- Monosaccharide
- Polysaccharide
- Ribose
- Saccharose
- Sucrose

**“natural” sugars**

- Agave Nectar
- Coconut Nectar
- Coconut Sugar
- Date Sugar
- (Evaporated) Cane Juice
- Fruit Juice*
- Honey
- Maple Syrup
- Molasses
- Monk Fruit Extract
- Rice Malt (Extract)
- (Sweet) Sorghum
- Treacle

**artificial sweeteners**

- Aspartame
- Acesulfame-K
- Equal
- Nutra-Sweet
- Saccharin
- Splenda
- Stevia
- Sucralose
- Sweetleaf
- Sweet-n-Low
- Truvia

**sugar alcohols**

- Arabinol
- Dulcitol
- Erythritol
- Glycol
- Glycerin (Glycerol)
- HSH
- Iditol
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Polyglyctol
- Ribitol
- Sorbitol
- Threitol
- Xylitol

*Fruit juice is often used to sweeten dried fruit or salad dressings, which is why we’re including it here - but this is the one form of “added sugar” that IS allowed on the Whole30.