



# SUGAR SHAKE-UP CHALLENGE

## WEEK 2: SUGAR HIDE-AND-SEEK

Did you know there are almost 100 different names for added sugar on a nutrition label’s ingredient list? Most don’t have sugar in the name, which makes it challenging to know when an ingredient is actually sugar.

Common sugars include: corn syrup (high fructose and plain), white and brown sugar (sucrose), honey, molasses and dextrose. A more extensive list of common sugars is included with this week’s tracker.

If one of these sugars is listed within the first couple of ingredients on a nutrition label, it means sugar is one of the main ingredients.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 15g	
<b>Proteins</b> 5g	

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Ingredients:** Enriched Flour, High Fructose Corn Syrup, Palm Oil, Sucrose, Cornstarch, Honey, Molasses, Dextrose, and Water.

### This week’s challenge:

Become more aware of the foods and beverages you consume that have added sugars. Check the nutrition labels on your food and beverages for sugar. Write down what you eat and drink that contains sugar as an ingredient.

Week 2	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*What “surprising” sources of sugar do you eat?	<b>Breakfast:</b> sausage	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>
	<b>Lunch:</b> ketchup	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>
	<b>Dinner:</b> spaghetti sauce, salad dressing	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>
	<b>Snacks:</b> veggie dip	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>

\*This is the focus for the week, so make sure you track this. All other rows are optional.



# SUGAR SHAKE-UP CHALLENGE

## This week's challenge *(Continued)*:

Week 2	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What do you eat that tastes sweet?	<b>Breakfast:</b> banana, donut	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>	<b>Breakfast:</b>
	<b>Lunch:</b> flavored yogurt, cookie	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>	<b>Lunch:</b>
	<b>Dinner:</b> apple	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>	<b>Dinner:</b>
	<b>Snacks:</b> granola bar, 2 mini candy bars	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>

There are almost **100 different names** for added sugars. Below are the most common types. When you see one of these listed on a nutrition label, your food or beverage contains added sugar.

- agave
- anhydrous dextrose
- brown sugar
- confectioner's powdered sugar
- corn syrup
- corn syrup solids
- dextrose
- fructose
- high-fructose corn syrup (HFCS)
- honey
- invert sugar
- malt syrup
- maltose
- maple syrup
- molasses
- nectars  
(e.g., peach nectar, pear nectar)
- pancake syrup
- raw sugar
- sucrose
- sugar
- white granulated sugar