

## Sugar and Labels

### What is Sugar?

Sugar is a sweet crystalline substance obtained from various plants, especially sugar cane and sugar beet, consisting of sucrose, and used as a sweetener in food and drink. While it seems plant-based, the problem is that today, it's completely processed, stripping away any fiber, vitamins and minerals. Add to that fact that most 54% of sugar sold in America comes from sugar beets which are almost completely genetically modified. In some areas, the sugar cane plants are sprayed with herbicide glyphosate (the active ingredient in RoundUp) before harvest to speed up the ripening process and increase its sweetness.

Sugar can be found in a lot of packaged foods like crackers, bread, cakes, soda, ketchup, juice salad dressing, gum and even toothpaste. **Sucrose**, the most known and widely used, is just one form of refined sugar. Sugar comes with many different names:

### Names For Sugar On Food Labels

- Barely Malt
- Beet Sugar
- Brown Sugar
- Buttered Syrup
- Cane Juice Crystals
- Cane Sugar
- Caramel
- Carob Syrup
- Corn Syrup Solids
- Date Sugar
- Dehydrated Cane juice
- Dextran
- Dextrose
- Diastase
- Ethyl Maltol
- Fructose
- Fruit Juice and Fruit Juice Concentrate
- Glucose
- Glucose Solids
- Glucose Sugar
- Maltodextrin
- Maltose
- Mannitol
- Molasses
- Raw Sugar
- Refiner's Syrup
- Sorbitol
- Sorghum Syrup
- Sucanat
- Sucrose
- Sugar
- Turbinado Sugar
- Xylitol
- Grape Sugar
- High Fructose Corn Syrup
- Honey
- Invert Sugar
- Lactose
- Malt Syrup

Because this sucrose has no more nutrients left, your body is forced to pull its own reserves of vitamins and minerals just to break down the sugar. So, what happens is that your reserves get depleted, which can lead to various health problems.