



The Many Names of Sugar and Sugar Substitutes

Sugar by any other name is still bad for your health. Read food labels and steer clear of ingredients that indicate added sugars and sugar substitutes:

- High fructose corn syrup (yes, it's just as bad for you as you've heard)
- Sucrose
- Aspartame
- Saccharin
- Molasses
- Cane juice
- Agave nectar
- Barley malt
- Dextrose
- Maltose
- Glucose
- Maltodextrin
- Rice syrup

YOUR WELLBEING ACTIVITY

MONITOR YOUR DIET AND COMPLETE A MEAL PLANNER

The activity focuses on gradually improving your diet, with each week building on the previous week's progress.