

Name: _____

Date: _____

Added Sugars

E X M A P L E S Y R U P E L H Q B
M A L T O S E E B C P D K U O O S
K O A M D L S O B L T U X T N U W
Z V M Y M Q T I G S Q A R G E C P
J L I O R U G N J E U E A F Y A S
Z H U C M O L A S S E S W D A N V
C D S K G Z O F I U X V S E C E W
O X U F R U C T O S E K U X D S I
R D C K X I W C L N I H G T D U Y
N B R O W N S U G A R K A R P G Q
S I O G E Q R I I K T V R O X A I
Y H S X F M A A G A V E G S V R G
R E E A C A G L U C O S E E L H V
U X S I M P L E S U G A R O E O G
P D D Y W S J B Y V Y V I E R I T
I S T X G M V B N Q S G K K F D F
X J G L U C O S E F R U C T O S E

Glucose-Fructose
Brown Sugar
Raw Sugar
Fructose
Maltose

Simple Sugar
Corn Syrup
Molasses
Sucrose
Honey

Maple Syrup
Cane Sugar
Dextrose
Glucose
Agave