

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Hidden Sugars

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

highfructosecornsyrup  
fruitjuice  
sweetnlow  
fructose  
lactose  
stevia  
sugar

cornsweetener  
aspartame  
molasses  
rawsugar  
maltose  
truvia  
syrup

brownsugar  
cornsyrup  
dextrose  
glucose  
splenda  
honey