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The 57 names of sugar - prevention

So what should you look for instead? Time to get cozy with these 57 names of sugar (plus aliases!) guaranteed to help you steer clear of secret sugar bombs.

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What do corn syrup, evaporated cane juice and agave nectar have in common? They are all names aliases if you will for sugar added to foods we eat every day.

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In Sugar Has 56 Names, bestselling author of Fat Chance Rob Lustig provides a list of ingredient names that food manufacturers use to disguise the sugar content of

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different names for sugar 56 Different Names for Sugar The efforts food manufacturers go to in order to hide added sugar from you is downright disturbing.

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