

how to spot hidden sugars in foods and drinks

Sugar can be found in packaged and processed foods. These usually contain a nutrition information panel and ingredients list.

It is quite tricky to spot added sugar in foods. It is not always called sugar. Sometimes sugar is referred to as glucose, sucrose or fructose. That is why we are equipping you with the knowledge to spot these 'hidden' sugars with a variety of different names.

Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		
Carbohydrate	10.5g	26.3g	29%	90g
of which sugars	10.5g	26.3g		70g
Fat	trace	trace		
of which saturates	trace	trace		
Fibre	trace	trace		
Sodium	trace	trace		
Salt equivalent	trace	trace		

*Guideline daily amounts



This link shows the most common names for sugar on ingredients lists www.betterhealth.vic.gov.au/health/HealthyLiving/food-labels

Common examples include:

- Golden syrup
- Dextrose
- Maltose
- Maltodextrin
- Malt syrup
- Disaccharides

top tips:

- Ideally, sugar isn't listed as one of the first few ingredients on the packaging. That's because ingredients are listed in order of weight. When you see the term 'syrup' in an ingredient name, it is likely that it refers to an added sugar (e.g. malt syrup, maple syrup, agave syrup). Also look for the word concentrate – as this might also be sugars.
- Words ending in 'ose' are usually sugars e.g. Dextrose, maltose.



where you may find hidden sugars:

- Frozen yoghurts and sorbet
- Sports drinks
- Iced-tea
- Jam
- Biscuits
- Muesli bars
- Alcohol (added sugar in this can be extra tricky to spot – especially if you get a cocktail mixed at a bar!)