Sugar comes in many forms, here are some common words for sugar.

- Barley Malt
- Brown Sugar
- Cane Juice
- Cane Syrup
- Dextrose
- Fructose
- Glucose
- High fructose corn syrup
- Honey
- Maltodextrin
- Maple syrup
- Molasses
- Powdered Sugar
- Raw Sugar
- Sucrose
- High fructose corn syrup

**List of Ingredients**

Check the "Ingredients" to find the forms of sugar.

INGREDIENTS: Oat bran, rice, **corn syrup, sugar, fructose**, whole grain rolled oats, **dextrose**, oat and fruit clusters (toasted oats | rolled oats, sugar, soybean oil, **honey, molasses** | sugar, rolled oats, strawberry flavored apples, **corn syrup, brown sugar**, natural and artificial flavors), **high fructose corn syrup**, vegetable oil, contains 2% or less of potassium chloride, **brown sugar**, natural and artificial flavor, salt, nonfat dry milk, whole wheat flour, vitamin A, B6, riboflavin, folic acid, vitamin B12.

**Nutrition Facts Label**

Look for the word “Sugars” on the Nutrition Facts Label to see how many grams of sugar are in one serving of the item.

4 grams of sugar = 1 teaspoon

The grams of **added sugar** per serving shows how much sugars are added to the food while it is being processed. Look at the ingredients list to see the different types of added sugar.