

# Added Sugar \*\*

Brown Sugar	Invert sugar
Corn sweetener	Lactose *
Corn syrup	Maltose *
Dextrose	Malt syrup
Fructose *	Molasses
Fruit juice concentrate	Raw sugar
Glucose *	Sucrose
High fructose corn syrup	Sugar
Honey	Syrup

\* Naturally occurring. Will not show up on food ingredient list unless added. Will be included as “sugars” listed on the food label.

\*\* Source: *Nutrition Standards for Competitive Foods in Pennsylvania Schools*, Pennsylvania Department of Education, Division of Food and Nutrition, February 2005.  
[http://www.pde.state.pa.us/food\\_nutrition/cwp/view.asp?Q=111072&A=5](http://www.pde.state.pa.us/food_nutrition/cwp/view.asp?Q=111072&A=5)

