

APPENDIX 7

Label Reading for Fat and Sugar

Ingredients in food are listed in order of quantity.

Ingredients high on the list are in the food in larger amounts than ingredients low on the list.

Fat and sugar are often included on ingredient lists 'incognito'. That is a different name is used.

Below are some of the alternate names that fat and sugar can be called on labels.

FAT can be listed as:

vegetable oil/fat
animal fat/oil
shortening
cocoa
lard
tallow
coconut oil
palm oil
milk solids
butter fat
monoglycerides
diglycerides

SUGAR is also known as:

sucrose
maltose
dextrose
lactose
fructose
honey
brown sugar
raw sugar
sorbitol
mannitol
xylitol
monosaccharides
disaccharides
glucose
glucose polymer
glucose syrup
corn syrup
golden syrup
"modified carbohydrate"
molasses
malt
malt extract
invert sugar

