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# SUCROSE ON FOOD LABELS:

## A SIMPLE GROCERY SHOPPING CHECKLIST

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### When to Use This Checklist

This guide is for people trialing a short-term reduction of sucrose who want help identifying it on food labels.

**It is not meant for long-term restriction or diagnosis.**

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### What Counts as Sucrose on Labels

Look for these ingredient names:

- ☐ Sugar
- ☐ Cane sugar
- ☐ Beet sugar
- ☐ Table sugar
- ☐ Evaporated cane juice
- ☐ Turbinado sugar
- ☐ Molasses

### Ingredients That Are NOT Sucrose

These are different sugars or sweeteners:

- ☐ Lactose
- ☐ Glucose
- ☐ Fructose
- ☐ Artificial sweeteners

### Foods That Commonly Contain Sucrose

These foods often contain added sucrose always check labels:

- ☐ Sweetened beverages
- ☐ Sauces and dressings
- ☐ Breakfast cereals
- ☐ Snack bars and granola
- ☐ Baked goods
- ☐ Sweetened yogurts
- ☐ Condiments (ketchup, BBQ sauce)

*Note: These may still cause symptoms for some people, but they are not sucrose.*

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### Helpful Label-Reading Tips

- ✓ Check the first 3 ingredients
- ✓ Compare similar products
- ✓ “No added sugar” does not always mean sucrose-free
- ✓ Tolerance varies — small amounts may be okay for some people