

SUCROSE ON FOOD LABELS:

A SIMPLE GROCERY SHOPPING CHECKLIST

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.

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

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

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)

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