



Pocket Field Guide: The Supermarket Shield

Keep this on your phone screen to unmask hidden sugar configurations in 3 seconds flat.

The "-Ose" Family (Chemical Labels)

Sucrose

Dextrose

Glucose

Fructose

Maltose ⚠️

Galactose

Crystalline Fructose

Isoglucose

The Syrup Traps (Concentrated Fluids)

Liquid Glucose

Invert Sugar Syrup

High Fructose Corn Syrup (HFCS)

Malt Extract / Barley Malt

Brown Rice Syrup

Corn Syrup Solids

Healthy-Sounding (Marketing Favorites)

Jaggery / Gur

Brown / Raw Sugar

Coconut Sugar / Palm Sugar

Honey

Agave Nectar

Fruit Juice Concentrate

Maple Syrup

Complex Deceptions (Hidden Spikes)

MALTODEXTRIN 🔥 (GI: 105 - 110)

Molasses

Ethyl Maltol

THE 3-SECOND SUPERMARKET CHECKLIST

1. **Flip the Package:** Ignore claims on the front. Look immediately at the top 5 ingredients listed by weight.
2. **Audit for Splitting:** Count how many separate boxes from the matrix cards above appear in those top 5 slots.
3. **Execute the Metric Rule:** If 2 or more sugar aliases are logged, the manufacturer is splitting elements to trick your eyes. Put it right back on the shelf!