### Fat-Free Raspberry Pecan Dressing

**Ingredients:**
- High fructose corn syrup
- Sugar
- Maltodextrin

### Lite Chocolate Syrup

**Ingredients:**
- Sugar
- Fructose

### Vanilla Whipped Frosting

**Ingredients:**
- Milk chocolate

### Tomato Ketchup

**Ingredients:**
- High fructose corn syrup
- Corn syrup

### Chocolate Fudge Cake Mix

**Ingredients:**
- Sugar
- Corn syrup

### Oats & Chocolate Chewy Bar

**Ingredients:**
- Semisweet chocolate chips
- Corn syrup
- Sugar

### Fruit Punch

**Ingredients:**
- High fructose corn syrup

### Tonic Water

**Ingredients:**
- High fructose corn syrup

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**SUGAR SHOCKERS**

3 tips for avoiding hidden sugars:

1. **Check the label for added sugar.** The American Heart Association recommends no more than 24 grams per day for women and 36 grams per day for men.
2. **Scan the ingredients for corn syrup, sugar, fructose and other sugars — the higher on the list, the more sugar.**
3. **Better yet, eat unrefined sugars from fruit and other unprocessed snacks.**

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**What's in Your Favorite Foods?**

For more information, visit Cleveland Clinic’s Health Hub at ClevelandClinic.org/HealthHub.