Sugar comes in many forms and has just as many names. The ending “OSE” indicates a sugar. All sugars can cause cavities. Natural sugars like the sugar in milk or molasses are no better for your teeth than sugars added during food processing.

**Activity**

Take a look at the diagram above. What type of sugar is in each of the following food items?

- milk __________
- hard candy __________
- bread __________
- honey __________
- fruit juice __________
- apple sauce __________

Answers: milk (lactose), honey (fructose), bread (maltose), hard candy (sucrose), fruit juice (fructose), apple sauce (fructose)