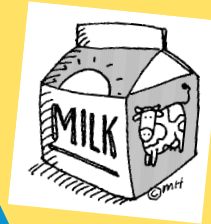


# Sugar is Sugar



FRUCTOSE



LACTOSE



MALTOSE



SUCROSE



GLUCOSE/  
DEXTROSE

SUGAR  
"-ose"

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

A C T I V I T Y

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 \_\_\_\_\_