

# Welcome to the "Sweet Seekers Kitchen Quest!"

Ahoy there, intrepid adventurers of the culinary realm! Are you ready to embark on a quest of epic proportions, right in the comfort of your own kitchen? Your mission, should you choose to accept it, involves decoding the mysterious aliases of sugar and uncovering its sneaky presence in your pantry!

## Your Quest Map:

- Name of the Sugar Beast: Behold the first column, where the 61 disguises of the sweet fiend are listed. From "Agave Nectar" to "Yellow sugar" and everything in between, these are the secret identities sugar assumes to sneak into our lives.
- The Pantry Chronicles: The second column awaits your detective prowess. Scurry through your kitchen, open those cabinets, and jot down the names of the potion-like products harboring these sugary villains.
- The Sweet Count: In the third column, your task is to unveil the quantity of sugar hidden within these culinary treasures. It's like weighing the loot of a pirate, but sweeter!



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And for the grand treasure reveal: Tally up your findings at the bottom of your quest map to discover the total amount of hidden sugar treasure in your kitchen kingdom!

### **Game On!**

Prepare for laughter, gasps of surprise, and perhaps a few "I can't believe it's sugar!" moments as you navigate through your kitchen with this quest map in hand. Will you emerge victorious, armed with the knowledge of your pantry's secret sugar stash?

Grab your fellow household knights and damsels and turn this quest into a family affair of fun, learning, and a dash of competition. Who will be crowned the Ultimate Sweet Seeker?

**Let the games begin and may the best Sweet Seeker win!**



Sugar name	Name of product	Amount
1. Agave nectar		
2. Barbados sugar		
3. Barley malt		
4. Barley malt syrup		
5. Beet sugar		
6. Brown sugar		
7. Buttered syrup		
8. Cane juice		
9. Cane juice crystals		
10. Cane sugar		
11. Caramel		
12. Carob syrup		
13. Castor sugar		
14. Coconut palm sugar		
15. Coconut sugar		
16. Confectioner's sugar		
17. Corn sweetener		
18. Corn syrup		
19. Corn syrup solids		
20. Date sugar		
21. Dehydrated cane juice		



22. Demerara sugar		
23. Dextrin		
24. Dextrose		
25. Evaporated cane juice		
26. Free-flowing brown sugars		
27. Fructose		
28. Fruit juice		
29. Fruit juice concentrate		
30. Glucose		
31. Glucose solids		
32. Golden surge		
33. Golden syrup		
34. Grape sugar		
35. HFCS (High-Fructose Corn Syrup)		
36. Honey		
37. Icing sugar		
38. invert sugar		
39. Malt syrup		
40. Maltodextrin		
41. Maltol		
42. Maltose		
43. Mannose		
44. Maple syrup		



45. Molasses		
46. Muscovado		
47. Palm sugar		
48. Panocha		
49. Powdered sugar		
50. Raw sugar		
51. Refiner's syrup		
52. Rice syrup		
53. Saccharose		
54. Sorghum Syrup		
55. Sucrose		
56. Sugar (granulated)		
57. Sweet Sorghum		
58. Syrup		
59. Treacle		
60. Turbinado sugar		
61. Yellow sugar		



As our "Sweet Seekers Kitchen Quest" comes to a thrilling close, and you stand amidst your pantry, victorious with the knowledge of hidden sugars unveiled, why stop the fun here? ✨

### **Call to All Sweet Seekers!**

Take this adventure beyond your kitchen and into the vast, interconnected realm of Facebook! Share your astonishing discoveries, the total hidden sugar loot, and perhaps a snapshot of your quest map filled with your findings. Let's turn this into a grand feast of knowledge and fun!

### **Here's How to Spread the Sweet Word:**

- Snap a picture of your quest map or your most surprising sugary find.
- Post it on Facebook with a caption about your adventure. Something like, "Embarked on the Sweet Seekers Kitchen Quest and discovered I had a sugar treasure trove at home! 🔍 #SweetSeekersQuest"
- Challenge your friends and family to embark on their own quest. Who knows what hidden sugary secrets lie in their kitchens?

 Happy sharing, and may your posts spark joy, curiosity, and perhaps a friendly competition among fellow questers! 

### **Converting Grams to Ounces**

1 ounce (oz) is approximately equal to 28.35 grams (g). So, to convert grams to ounces, you can use the following formula:

$$\text{Ounces} = \text{Grams} / 28.35$$

### **Converting Ounces to Grams**

To convert ounces back to grams, you reverse the process using the same conversion factor. Since 1 ounce is approximately equal to 28.35 grams, the formula is:

$$\text{Grams} = \text{Ounces} \times 28.35$$



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## Notes: