

60 NAMES FOR SUGAR

Added sugar is in nearly every packaged product. Below are ingredients you may see on the package that are alternate names for sugar. Ingredients are listed by percentage within the product; the first ingredient being of the highest quantity. Look to see if multiple ingredients below are listed on the package. Companies will often use different types of sugar so that they don't have to list it has the first ingredient.

Agave Nectar/Syrup	Dextrin	Malt syrup
Barbados sugar	Dextrose	Maltose
Barley malt	Diastatic malt	Mannose
Beet sugar	Ethyl maltol	Maple syrup
Blackstrap molasses	Evaporated cane juice	Muscovado sugar
Brown rice syrup	Fructose	Molasses
Brown sugar	Fruit juice	Panela sugar
Buttered sugar/buttercream	Fruit juice concentrate	Palm sugar
Cane juice crystals	Golden syrup	Panocha
Cane sugar	Galactose	Powdered sugar
Caramel	Golden sugar	Raw sugar
Carob syrup	Golden syrup	Refiner's syrup
Castor sugar	Glucose	Rice syrup
Coconut sugar	Glucose syrup solids	Saccharose
Confectioner's sugar	Grape sugar	Sorghum syrup
Corn syrup	High-Fructose Corn Syrup (HFCS)	Sucanat
Corn syrup solids	Honey	Sucrose
Crystalline fructose	Invert sugar	Turbinado sugar
Date sugar	Lactose	Treacle
Demerara sugar	Maltodextrin	Yellow sugar

