

61 Names for Sugar

Added sugars are found in many packaged and fast foods and have many different names. Remember to always review the ingredients on the food label and limit or avoid foods that have added sugars, like the ones listed below.

• Agave nectar • Barbados sugar • Barley malt • Barley malt syrup • Beet sugar • Brown sugar • Buttered syrup • Cane juice • Cane juice crystals • Cane sugar • Caramel • Carob syrup • Castor sugar • Coconut palm sugar • Coconut sugar • Confectioner's sugar • Corn sweetener • Corn syrup • Corn syrup solids • Date sugar • Dehydrated cane juice • Demerara sugar • Dextrin • Dextrose • Evaporated cane juice • Free-flowing brown sugars • Fructose • Fruit juice • Fruit juice concentrate • Glucose • Glucose solids • Golden sugar • Golden syrup • Grape sugar • HFCS (High-Fructose Corn Syrup) • Honey • Icing sugar • Invert sugar • Malt syrup • Maltodextrin • Maltol • Maltose • Mannose • Maple syrup • Molasses • Muscovado • Palm sugar • Panocha • Powdered sugar • Raw sugar • Refiner's syrup • Rice syrup • Saccharose • Sorghum Syrup • Sucrose • Sugar (granulated) • Sweet Sorghum • Syrup • Treacle • Turbinado sugar • Yellow sugar

