



50 OTHER NAMES FOR SUGAR

MAKING THE RIGHT FOOD CHOICES IS THE FIRST STEP TO HEALTHY LIVING

Agave Nectar	Diastatic Malt	Organic Raw Sugar
Barbados Sugar	Diastase	Oat Syrup
Barley Malt	Demara Sugar	Panela
Beet Sugar	Ethyl Maltol	Panocha
Blackstrap Molasses	Evaporated Cane Juice	Confectioner's Sugar
Brown Rice Syrup	Fructose	Rice Bran Syrup
Brown Sugar	Fruit Juice Concentrate	Rice Syrup
Buttered Sugar	Galactose	Sorghum Syrup
Buttered Syrup	Golden Sugar	Sucrose
Cane Juice Crystals	Grape Sugar	Syrup
Cane Juice	High Fructose Corn Syrup	Treacle
Cane Sugar	Honey	Tapioca Sugar
Caramel	Invert Sugar	
Carob Syrup	Icing Sugar	
Caster Sugar	Lactose	
Coconut Sugar	Malt Syrup	
Corn Sweetener	Maltodextrin	
Corn Syrup	Maltose	
Corn Syrup Solids	Maple Syrup	
Crystal Line Fructose	Molasses Syrup	
Date Sugar	Muscovado Sugar	
Turbinado Sugar	Yellow Sugar	

