



ADVANCED NUTRITION FOR HEALTH COACHES

Names for Sugar on Food Labels

Barley Malt	Dextrose	Lactose
Beet Sugar	Diastase	Malt Syrup
Brown Sugar	Ethyl Maltol	Maltodextrin
Buttered Syrup	Fructose	Maltose
Cane Juice Crystals	Fruit Juice	Mannitol
Cane Sugar	Fruit Juice Concentrate	Molasses
Caramel	Glucose Solids	Sorghum Syrup
Carob Syrup	Golden Sugar	Raw Sugar
Corn Syrup Solids	Grape Sugar	Refiner's Syrup
Date Sugar	High Fructose Corn syrup	Sorbitol
Dehydrated Cane Juice	Honey	Sucanat
Dextran	Invert Sugar	Sucrose
Barley Malt	Dextrose	Sugar
	Glucose	