

ALL THE NAMES OF SUGAR

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob sugar
- Castor sugar
- Coconut palm sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Florida crystals
- Free flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- 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
- Saccharose
- Sorghum syrup
- Sucrose
- Sugar (granulated)
- Sweet sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar

FAMILIARIZE YOURSELF WITH THIS COMPREHENSIVE LIST OF SUGARS!

IT'S CRAZY, ISN'T IT?

SOME ARE, OF COURSE, OBVIOUS...

AND SOME, LIKE HIGH FRUCTOSE CORN SYRUP AND MALTODEXTRIN, ARE STUCK INTO ALMOST EVERYTHING IN A CAN, BOX, OR BOTTLE AT YOUR FAVORITE GROCERY. **BUYER BEWARE!**

EVEN "SUGAR FREE" ITEMS WILL SOMETIMES HAVE SOME OF THESE INGREDIENTS LISTED ON THE LABEL. APPARENTLY TRUTH IN LABELING IS MEANINGLESS. **BUYER BEWARE!**

