

NAMES OF REFINED SUGAR

Refined sugar can go by many names on ingredient labels, and food companies will often use more than one type of refined sugar to disguise the fact that—in aggregate—sugar is actually the largest single ingredient in a given food item. Here are some of the most common you'll see:

- ▶ barley malt
- ▶ beet sugar
- ▶ brown sugar
- ▶ buttered syrup
- ▶ cane juice crystals
- ▶ cane juice solids
- ▶ cane juice
- ▶ caramel syrup
- ▶ carob syrup
- ▶ concentrated fruit juice
- ▶ corn syrup
- ▶ corn syrup solids
- ▶ date sugar
- ▶ dehydrated cane juice
- ▶ dehydrated fruit juice
- ▶ dextran
- ▶ dextrin
- ▶ dextrose
- ▶ diastase
- ▶ diastatic malt
- ▶ disaccharides
- ▶ ethyl maltol
- ▶ fructose
- ▶ fruit juice crystals
- ▶ fruit puree
- ▶ galactose
- ▶ glucose
- ▶ glucose-fructose
- ▶ glucose solids
- ▶ golden syrup
- ▶ high-fructose corn syrup
- ▶ honey
- ▶ invert sugar
- ▶ lactose
- ▶ malt
- ▶ malt extract
- ▶ malt syrup
- ▶ maltodextrin
- ▶ maltose
- ▶ maple syrup
- ▶ molasses
- ▶ polysaccharides
- ▶ refiner's syrup
- ▶ rice extract
- ▶ rice syrup
- ▶ sorghum syrup
- ▶ sucanat
- ▶ sucrose
- ▶ sugar
- ▶ tapioca syrup
- ▶ turbinado
- ▶ yellow sugar