

OTHER NAMES FOR SUGAR ON INGREDIENT LISTS

Sugar comes in many forms and is frequently listed on ingredient lists as something other than obvious sugar. This can make it difficult to make food choices if we are unaware of the many other names that can be used. When trying to minimize our sugar intake for dietary health it is important to always read ingredient labels and look for these often-hidden sources. Remember too, that many foods that are sold as “healthy” alternatives are frequently very high in sugar or have a high glycemic index especially if their first ingredient is something like dates, although they are a whole food are incredibly high in sugar themselves and could lead to a significant blood sugar spike.

61 Names for Added Sugar

- 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
- High-Fructose Corn Syrup (HFCS)
- 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

REMEMBER TO READ THE INGREDIENT LIST