

The 129 Names of Sugar

Sugar uses the following names to sneak into our daily life.
Use this guide to check food labels at your next shopping trip.

Agave nectar	Diastatic Malt	Malt syrup	Raw sugar
Agave Syrup	Diatase	Malted Barley	Refiner's syrup
Anhydrous Dextrose	Diglycerides	Maltitol	Refiner's syrup
Barbados sugar	Disaccharides	Maltodextrin	Ribose Rice syrup
Barley malt	D-ribose	Maltol	Rice malt
Barley malt extract	D-xylose	Maltose	Rice maltodextrin
Barley malt syrup	Erythritol	Malts	Rice syrup
Beet juice concentrate	Ethyl Maltol	Mannitol	Rice syrup solids
Beet sugar	Evaporated cane juice	Mannose	Saccharose
Blackstrap Molasses	Florida Crystals	Maple syrup	Secanet
Brown cane sugar	Free-flowing brown	Molasses	Sorbitol
Brown rice syrup	Free-flowing brown sugars	Muscovado	Sorghum syrup
Brown sugar	Fructan	Muscovado Syrup	Sucanat
Buttered syrup	Fructooligosaccharides	Nectars	Sucrose
Cane crystals	Fructose	Palm sugar	Sugar
Cane juice	Fruit juice	Panocha	Sugar (granulated)
Cane juice crystals	Fruit juice concentrate	Pear Syrup	Sugarcane Molasses
Cane sugar	Galactose	Pentose	sugars
Caramel	Glucitol	Powdered sugar	Sweet sorghum
Carbitol	Glucoamine	Raisin syrup	Syrup
Carob syrup	Glucose	Raw cane sugar	Table Sugar
Castor sugar	Glucose solids	Raw sugar	Tapioca Dextrin
Coconut nectar	Golden sugar	Refiner's syrup	Treacle
Coconut palm sugar	Golden syrup	Refiner's syrup	Trehalose
Coconut sugar	Granulated Sugar	Ribose Rice syrup	Turbinado sugar
Confectioner's sugar	Grape Juice Concentrate	Rice malt	Wheat dextrin
Confectioner's sugar	Grape sugar	Rice maltodextrin	Xylitol
Corn sweetener	Hexitol	Rice syrup	Xylose
Corn syrup	HFCS	Rice syrup solids	Yellow sugar
Corn syrup solids	HFCS (high-fructose	Saccharose	Zylose
corn syrup)	High-Fructose Corn Syrup	Secanet	
Crystal Dextrose	Honey	Sorbitol	
Crystalline Fructose	Icing sugar	Sorghum syrup	
Date sugar	Inversol	Sucanat	
Dehydrated cane juice	Invert sugar	Sucrose	
Demerara sugar	Isomalt		
Dextran	Lactose		
Dextrin	Liquid Fructose		
Dextrose	Malt extract		



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