American
Nutrition
Association

JUST ANOTHER NAME FOR SUGAR

Agave Juice, Nectar, Sap, Syrup
Barbados sugar
barley malt or barley malt syrup
beet sugar
brown rice syrup
brown sugar
buttered syrup
cane sugar, juice, sugar, or syrup
Caramel
carob syrup
castor sugar
coconut sugar
confectioners powdered sugar
corn glucose syrup
corn sweetener or syrup
date sugar
dextrin and dextrose
dried raisin sweetener
fructose
fruit juice
golden syrup
granular sweetener or sugar
grape sugar
high fructose corn syrup
honey
invert sugar
isoglucose
isomaltulose
lactose
liquid sweetener
malt sweetener or syrup
maltose and maltodextrin
maple, maple syrup, maple sugar
molasses
Powdered Sugar
Raw Sugar
refiner's syrup
rice syrup
saccharose
sorghum or sorghum syrup
starch sweetener
sucrose
treacle
turbinado sugar

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