

What's In A Name? Sugar By Any Name is Still Too Sweet!

Agave	Dextrose	Maltitol
Agave Nectar	Diastatic malt	Maltodextrin
Barley malt	Diatase	Maltose
Barley Malt Extract	Ethyl malltol	Mannitol
Beet sugar	Evaporated Cane Juice	Maple syrup
Brown Rice Syrup	Fructose	Molasses
Brown sugar	Fruit juice	Muscovado sugar
Buttered syrup	Fruit juice concentrate	Panocha
Cane juice crystals	Galactose	Powdered sugar
Cane sugar	Glucose	Raw sugar
Caramel	Glucose solids	Refiner's syrup
Carob syrup	Golden sugar	Rice syrup
Castor sugar	Golden syrup	Saccharose
Confectioner's sugar	Grape sugar	Sorbitol
Corn sugar	High-fructose corn syrup	Sorghum syrup
Corn sweetener	Honey	Sucrose
Corn syrup	Icing sugar	Sugar
Corn syrup solids	Invert sugar	Syrup
Crystalline Fructose	Lactitol	Treacle
Date sugar	Lactose	Turbinado sugar
Dehydrated Cane Juice	Levulose	Xylitol
Demerara sugar	Malitol	Xylose
Dextran	Malt syrup	Yellow sugar
Dextrin		

