

Did you realize that there are at least 75 different names for sugar that is added to the processed foods that we eat? If our goal is to reduce our sugar intake, and it should be, then we must become smarter with understanding food ingredients.



75 DIFFERENT NAMES FOR SUGAR		
@cheatdaydesign		
Agave nectar	Dextrin	Maltol
Anhydrous dextrose	Dextrose	Maltose
Barbados sugar	Diastatic malt	Mannose
Barley malt	Diatase	Maple syrup
Barley malt syrup	Ethyl maltol	Molasses
Beet sugar	Evaporated cane juice	Muscovado
Brown sugar	Free-flowing brown sugars	Nectar
Buttered syrup	Fructose	Palm sugar
Cane juice	Fruit juice	Pancake syrup
Cane juice crystals	Fruit juice concentrate	Panela
Cane sugar	Galactose	Panocha
Caramel	Glucose	Powdered sugar
Carob syrup	Glucose syrup solids	Raw sugar
Castor sugar	Golden sugar	Refiner's syrup
Coconut palm sugar	Golden syrup	Rice syrup
Coconut sugar	Grape sugar	Saccharose
Confectioner's sugar	High-fructose corn syrup	Sorghum syrup
Corn sweetener	Honey	Sucrose
Corn syrup	Icing sugar	Sweet sorghum
Corn syrup solids	Isoglucose	Syrup
Crystalline fructose	Invert sugar	Table sugar
D-ribose	Lactose	Treacle
Date sugar	Malt	Turbinado sugar
Dehydrated cane juice	Malt syrup	White granulated sugar
Demerara sugar	Maltodextrin	Yellow sugar