



# Different Names for Sugar

**What's in a name? That which we call sugar. By any other name would taste as sweet.**

If you're watching or counting your sugar intake, you're likely going to read through the ingredients list on your food labels. However, sugars goes by many other names and if you're looking at ADDED sugar, not just the naturally occurring sugar in food, the ingredients are where you need to look. Unfortunately, you likely won't just see "sugar" in the ingredients all the time. Here is a list of different names for sugar that you might see at one point...

Keep in mind that ingredients are listed by their weight on the ingredients list. So, the first ingredient you see is the one that is most prominent in a food, and the last ingredient will be found in the smallest amount.

Whatever your reasons are for identifying sugar, understand that it might not always be so clear-cut in the ingredients! And while there are many different names here, there are even more out there. The "syrups" alone can be one of many different types of syrups!

This list has the bad and the good "sugars". Not all sugars are created equal. Identifying what is a sugar is a step towards reading and understanding labels.

- ✦ Agave nectar
- ✦ Anhydrous dextrose
- ✦ Barbados sugar
- ✦ Barley malt
- ✦ Beet sugar
- ✦ Blackstrap molasses
- ✦ 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
- ✦ Crystalline fructose
- ✦ D-ribose
- ✦ Date sugar
- ✦ Dehydrated cane juice
- ✦ Demerara sugar
- ✦ Dextran
- ✦ Dextrin
- ✦ Diastase
- ✦ Diastatic malt
- ✦ Ethyl maltol
- ✦ Evaporated cane juice
- ✦ Fructose
- ✦ Fruit juice
- ✦ Fruit juice concentrate
- ✦ Galactose
- ✦ Glucose
- ✦ Glucose syrup solids
- ✦ Golden sugar
- ✦ Golden syrup
- ✦ Granulated sugar
- ✦ Grape sugar
- ✦ High fructose corn syrup
- ✦ Honey
- ✦ Icing sugar
- ✦ Isoglucose
- ✦ Invert sugar
- ✦ Lactose
- ✦ Malt
- ✦ Malt syrup
- ✦ Maltodextrin
- ✦ Maltose
- ✦ Maltol
- ✦ Mannose
- ✦ Maple syrup
- ✦ Molasses
- ✦ Muscovado sugar
- ✦ Nectar
- ✦ Palm sugar
- ✦ Pancake syrup
- ✦ Panela
- ✦ Rapadura
- ✦ Raw sugar
- ✦ Refiner's sugar
- ✦ Rice syrup
- ✦ Saccharose
- ✦ Sorbitol
- ✦ Sorghum syrup
- ✦ Sucrose
- ✦ Sugar
- ✦ Sweet sorghum
- ✦ Syrup
- ✦ Turbinado sugar
- ✦ Yellow sugar
- ✦ Treacle sugar