

Alternative Names for Sugar

Acesulfame-K	Dextrin	Malt syrup
Agave	Dextrose	Maltodextrin
Agave Nectar	Diastic malt	Maltose
Aspartame	Diatase	Mannitol
Barbados sugar	D-mannose	Maple syrup
Barley malt	Erythriol	Molasses
Beet sugar	Ethyl maltol	Muscovado sugar
Blackstrap molasses	Evaporated cane juice	Organic raw sugar
Brown Rice Syrup	Exthyl maltol	Panocha
Brown sugar	Florida Chrystals	Powdered sugar
Buttered syrup	Free Flowing	Raw sugar
Cane crystals	Fructose	Refiner's syrup
Cane sugar	Fruit juice	Rice Syrup
Cane-juice crystals	Fruit juice concentrate	Sorbitol
Caramel	Galactose	Sorghum
Carob syrup	Glucose	Sorghum syrup
Castor sugar	Glucose solids	Sucrose
Coconut Palm Sugar	Golden sugar	Sucrose sugar
Confectioner's sugar	Golden syrup	Sugar
Corn sweetener	Granulated sugar	Syrup
Corn syrup	Grape juice	Table sugar
Corn syrup solids	Grape sugar	Treacle
Crystalline fructose	High fructose corn syrup	Turbinado sugar
Date sugar	Honey	Xylitol
Demerara Sugar	Hydrogenated Starch	yellow sugar
Dextran	Icing sugar	

A quick way to discern sugars on the label is to simply look for the word sugar in any form and for words ending in -ose.

From Get the Sugar Out: 501 Simple ways to Cut the Sugar Out of Any Diet by Ann Louise Gittleman, MS,