

Introduction

Sugar comes in different forms with different names. Companies use the names to hide the sugar content of their food products.

Forms of Sugar

- ☐ Agave Nectar
- ☐ Barbados sugar
- ☐ Barley malt
- ☐ Beet sugar
- ☐ Blackstrap molasses
- ☐ Brown Sugar
- ☐ Buttered syrup
- ☐ Cane Juice crystals
- ☐ Cane Sugar
- ☐ Caramel
- ☐ Carob Syrup
- ☐ Castor Sugar
- ☐ Confectioner's Sugar
- ☐ Corn Sweetener
- ☐ Corn Syrup
- ☐ Corn Syrup Solids
- ☐ Crystalline Fructose
- ☐ Date Sugar
- ☐ Demerara sugar
- ☐ Dextran
- ☐ Dextrose
- ☐ Lactose
- ☐ Malt syrup
- ☐ Maltodextrin
- ☐ Maltose
- ☐ Maple Syrup
- ☐ Molasses
- ☐ Muscovado
- ☐ Organic Raw Sugar

More Forms of Sugar

- ☐ Panocha
- ☐ Raw Sugar
- ☐ Refiner's syrup
- ☐ Rice Syrup
- ☐ Sorghum Syrup
- ☐ Sugar
- ☐ Syrup
- ☐ Sucrose
- ☐ Table Sugar
- ☐ Treacle
- ☐ Turbinado Sugar
- ☐ Yellow Sugar
- ☐ Diastatic Malt
- ☐ Diatase
- ☐ Ethyl Maltol
- ☐ Evaporated Cane Juice
- ☐ Evaporated Cane Syrup
- ☐ Florida Crystals
- ☐ Fructose
- ☐ Fruit Juice
- ☐ Fruit Juice Concentrate
- ☐ Galactose
- ☐ Glucose
- ☐ Glucose Solids
- ☐ Golden Sugar
- ☐ Golden Syrup
- ☐ Granulated Sugar
- ☐ Grape Sugar
- ☐ Honey
- ☐ High-fructose Corn Syrup
- ☐ Inverted Sugar
- ☐ Icing sugar
- ☐ Invert Sugar



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