Names for Sugar on Food Labels

Barley Malt

Beet Sugar

Brown Sugar

Buttered Syrup

Cane Juice Crystals

Cane Sugar

Caramel

Carob Syrup

Corn Syrup Solids

Date Sugar

Dehydrated Cane Juice

Dextran

Dextrose

Diastase

Ethyl Maltol

Fructose

Fruit Juice and Fruit Juice Concentrate

Glucose

Glucose Solids

Golden Sugar

Grape Sugar

High Fructose Corn syrup

Honey

Invert Sugar

Lactose

Malt Syrup

Maltodextrin

Maltose

Mannitol

Molasses

Raw Sugar

-Refiner's Syrup
-Sorbitol

Sorghum Syrup

Sucanat

-Sucrose

Sugar

-Turbinado Sugar
-Xylitol

© 2015 Health Coach Institute | (888) 822-1284 ext. 2 | support@HealthCoachInstitute.com | www.healthcoachinstitute.com
Copyright © 2015. All Rights Reserved