

56 Names for Sugar

Agave nectar*
Barbados sugar*
Barley malt
Beet sugar*
Blackstrap molasses*
Brown rice syrup*
Brown sugar*
Buttered syrup*
Cane juice crystals*
Cane sugar*
Caramel*
Carob syrup*
Castor sugar*
Confectioners' sugar*
Corn syrup
Corn syrup solids
Crystalline fructose*
Date sugar*
Demerara sugar*
Dextran
Dextrose
Diastatic malt
Diatase
Ethyl maltol
Evaporated cane juice*
Florida crystals*
Fructose*
Fruit juice*

Fruit juice concentrate*
Galactose
Glucose
Glucose solids
Golden sugar*
Golden syrup*
Grape sugar*
High-fructose corn syrup*
Honey*
Icing sugar*
Invert sugar*
Lactose
Malt syrup
Maltose
Maple syrup*
Molasses*
Muscovado sugar*
Organic raw sugar*
Panocha*
Raw sugar*
Refiner's syrup*
Rice syrup
Sorghum syrup*
Sucrose*
Sugar*
Treacle*
Turbinado sugar*
Yellow sugar*

*contains fructose