

The big list of Sugar Names on Food Labels

It's important to know what's in your food, but labels can be tricky because **sugar** often hides under different names. This list helps you spot sugar on an ingredients list. If the food you're looking at has any of these ingredients in the top 5 ingredients, then I consider that food to be a dessert (not a good snack or a good breakfast, for example).

ALTERNATIVE NAMES FOR SUGAR

Agave nectar or syrup	Dextrin	Maltol
Anhydrous dextrose	Dextrose Maltose	Mannose
Barbados sugar	Diastatic malt	Maple syrup
Barley malt	Diastase	Molasses
Barley malt syrup	Ethyl maltol	Muscovado
Beet sugar	Evaporated cane juice	Nectar
Brown sugar	Free-flowing brown sugars	Palm sugar
Buttered syrup	Fructose	Pancake syrup
Cane juice	Fruit juice	Panela
Cane juice crystals	Fruit juice concentrate	Panocha
Cane sugar	Fruit puree	Powdered sugar
Caramel	Galactose	Raw sugar
Carob syrup	Glucose	Refiner's syrup
Castor sugar	Glucose syrup solid	Rice syrup
Coconut palm sugar	Golden sugar	Saccharose
Coconut sugar	Golden syrup	Sorghum syrup
Confectioner's sugar	Grape sugar	Sucrose
Corn sweetener	High-fructose corn syrup	Sweet sorghum
Corn syrup	Honey	Syrup
Corn syrup solids	Icing sugar	Table sugar
Crystalline fructose	Isoglucose	Treacle
D-ribose	Invert sugar	Turbinado sugar
Date sugar	Malt	White granulated sugar
Dehydrated cane juice	Malt syrup	Yellow sugar
Demerara sugar	Maltodextrin	