

59

DIFFERENT NAMES FOR SUGAR

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- agave syrup or agave nectar
- barley malt
- beet sugar
- brown rice syrup
- brown sugar
- buttered sugar (buttercream)
- cane juice
- cane juice crystal
- cane sugar
- caramel
- carob syrup
- castor sugar (superfine sugar)
- coconut sugar
- corn sweetener
- corn syrup
- corn syrup solids
- confectioner's sugar
- date sugar
- Demerara sugar
- dextran
- dextrose
- diastatic malt
- diastase
- ethyl maltol
- evaporated cane juice
- free flowing brown sugar
- fructose
- fruit juice
- fruit juice concentrate
- galactose
- glucose
- golden sugar
- golden syrup
- high fructose corn syrup
- honey
- icing sugar
- invert sugar
- lactose
- maltodextrin
- maltose
- malt syrup
- mannitol
- maple syrup
- molasses
- Muscovado
- Oat syrup
- panocha
- powdered sugar
- raw sugar
- rice bran syrup
- rice syrup
- sorbitol
- sorghum
- sorghum syrup
- sucrose
- treacle
- tapioca syrup
- Turbinado sugar
- yellow sugar

Learn about each of these and where to find them in your food: www.HealthyHappySmart.com