



## Alternate Names for Sugar

Amasake	Glucoamine	Microcrystalline cellulose
Apple sugar	Gluconolactone	Molasses
Agave nectar	Glucose	Monoglycerides
Barbados sugar	Glucose polymers	Monosaccharides
Bark sugar	Glucose solids	Nectars
Barley malt	Glucose syrup	Neotame
Barley malt syrup	Glycerides	Pentose
Beet sugar	Glycerine	Polydextrose
Brown rice syrup	Glycerol	Polyglycerides
Brown sugar	Glycol	Powdered sugar
Cane juice	Golden sugar	Raisin juice
Cane sugar	Hexitol	Raisin syrup
Caramelized foods	High-fructose corn syrup	Raw sugar
Carbitol	Honey	Ribose rice syrup
Carmel coloring	Hydrogenated starch	Rice malt
Carmel sugars	hydrolysate	Rice sugar
Concentrated fruit juice	Inversol	Rice sweeteners
Corn sweetener	Invert sugar	Rice syrup solids
Corn syrup	Isomalt	Saccharides
Date sugar	Karo syrups	Sorbitol
Dextrin	Lactose	Sorghum
Dextrose	Levulose	Sucanat
Diglycerides	"Light" sugar	Sucanet
Disaccharides	"Lite" sugar	Sucrose
D-tagalose	Malitol	Sugar cane
Evaporated cane juice	Malt dextrin	Trisaccharides
Florida crystals	Malted barley	Turbinado sugar
Fructooligosaccharides (FOS)	Maltodextrins	Unrefined sugar
Fructose	Maltodextrose	White sugar
Fruit juice concentrate	Maltose	Xylitol
Galactose	Malts	Zylose
Glucitol	Mannitol	
	Mannose	
	Maple syrup	

Artificial sweeteners need to be avoided. They can increase the craving for sweet and fatty foods. They can make you feel bloated and fat, which can cause you to avoid real, whole foods. They are unnaturally sweet, making it more difficult to recognize a natural sweet taste. They are not whole foods but have been "manufactured" by companies.

- Aspartame (NutraSweet, Equal)
- Saccharin (Sweet'N Low, SugarTwin)
- Acesulfame K (Sunett, Sweet One)
- Sucralose (Splenda)