



## 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)