



# Other Names for Sugar

## QUICK TIPS TO AVOID ADDED SUGAR

- Avoid ingredients (some not listed below) that end in the word "sugar"
- Avoid ingredients that have an -ose at the end of the name, like "dextrose," "maltose," or "fructose."

Anhydrous dextrose	Agave	Agave nectar	Barley malt
Blackstrap molasses	Cane juice	Cane juice solids	Cane juice crystals
Cane syrup	Carob syrup	Corn syrup	Corn syrup solids
Crystalline fructose	Dextrose	Dehydrated cane juice	Diastase
Evaporated cane juice	Evaporated cane syrup	Evaporated sugar cane	Fructose
Fructose crystals	Fruit juice crystals	Fruit juice concentrate	Galactose
Glazing sugar	Glucose	Glucose solids	Glucose syrup
Golden syrup	High fructose corn syrup	Honey	Invert syrup
King's syrup	Lactose	Maple syrup	Maltose
Malt sugar	Malt syrup	Molasses	Muscovado
Nectar	Panocha	Refiners' syrup	Sorghum
Sorghum syrup	Sucanat	Sucrose	Treacle