



56 Different Names for Sugar

Robert H. Lustig, M.D., M.S.L



Agave nectar*
Barbados sugar*
Barley malt
Beet sugar*
Blackstrap molasses*
Brown rice syrup*
Brown sugar*
Buttered syrup*
Cane juice crystals*
Cane sugar*
Caramel*
Carob syrup*
Castor sugar*
Confectioner's sugar*
Corn syrup
Corn syrup solids
Crystalline fructose*
Date sugar*
Demerara sugar*
Dextran
Dextrose
Diastatic malt
Diatase
Ethyl maltol
Evaporated cane juice*
Florida crystals*
Fructose*
Fruit juice*
Fruit juice concentrate*

Galactose
Glucose
Glucose solids
Golden sugar*
Golden syrup*
Grape sugar*
High-fructose corn syrup*
Honey*
Icing sugar*
Invert sugar*
Lactose
Malt syrup
Maltose
Maple syrup*
Molasses*
Muscovado sugar*
Organic raw sugar*
Panocha*
Raw sugar*
Refiner's syrup*
Rice syrup
Sorghum syrup*
Sucrose*
Sugar*
Treacle*
Turbinado sugar*
Yellow sugar*

***Contains fructose**

**While eating whole fruit, in moderation, is fine (and healthy),
avoid straight fruit juices.**

**Pure, organic raw honey, date syrup, and molasses can be part of
a healthy Wise & Wild Way diet, when eaten in moderation.**

