

Sugars Found in Your Food:

Barley malt	Beet sugar	Brown sugar
Buttered syrup	Cane juice crystals	Cane sugar
Caramel	Corn syrup	Corn syrup solids
Confectioner's sugar	Carob syrup	Castor sugar
Date sugar	Demerara sugar	Dextran
Dextrose	Diastatic malt	Diatase
Ethyl maltol	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
Maltodextrin	Maltose	Malt syrup
Maple syrup	Molasses	Muscovado sugar
Panocha	Raw sugar	Refiner's syrup
Rice syrup	Agave Nectar	Sorghum syrup
Sucrose	Sugar	Treacle
Turbinado sugar	Yellow sugar	Crystalline fructose
Evaporated cane juice	Sucanat	Coconut palm sugar
Refiners syrup		