

56 Names for Sugar

Sugar hides on ingredient labels under dozens of names. Know them all.

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| 1 Barley malt | 29 Golden sugar |
| 2 Barbados sugar | 30 Golden syrup |
| 3 Beet sugar | 31 Grape sugar |
| 4 Brown sugar | 32 HFCS (High Fructose Corn Syrup) |
| 5 Buttered syrup | 33 Honey |
| 6 Cane juice | 34 Icing sugar |
| 7 Cane sugar | 35 Invert sugar |
| 8 Caramel | 36 Lactose |
| 9 Corn syrup | 37 Malt |
| 10 Corn syrup solids | 38 Maltodextrin |
| 11 Confectioner's sugar | 39 Maltose |
| 12 Carob syrup | 40 Malt syrup |
| 13 Castor sugar | 41 Mannitol |
| 14 Date sugar | 42 Maple syrup |
| 15 Dehydrated cane juice | 43 Molasses |
| 16 Demerara sugar | 44 Muscovado |
| 17 Dextran | 45 Panocha |
| 18 Dextrose | 46 Powdered sugar |
| 19 Diastatic malt | 47 Raw sugar |
| 20 Diatase | 48 Refiner's syrup |
| 21 Ethyl maltol | 49 Rice syrup |
| 22 Free Flowing Brown Sugars | 50 Sorbitol |
| 23 Fructose | 51 Sorghum syrup |
| 24 Fruit juice | 52 Sucrose |
| 25 Fruit juice concentrate | 53 Sugar (granulated) |
| 26 Galactose | 54 Treacle |
| 27 Glucose | 55 Turbinado sugar |
| 28 Glucose solids | 56 Yellow sugar |