

Sugars

As you are limiting or better yet eliminating sugar, you need to know all of the different ways it can be hidden in products.

- **Barley Malt**
- **Blackstrap molasses**
- **Brown sugar**
- **Cane sugar**
- **Corn sweeteners**
- **Corn Syrup**
- **Confectioner's sugar**
- **Date sugar**
- **Dextrin**
- **Dextrose**
- **D-mannose**
- **Evaporated cane juice Fructose**
- **Fruit juice concentrate**
- **Glucose**
- **High-fructose corn Syrup (HFCS)**
- **Honey**
- **Invert sugar**
- **Lactose**
- **Malt syrup**
- **Maltodextrin**
- **Maltose**
- **Maple syrup**
- **Molasses**
- **Raw sugar**
- **Sucrose**
- **Syrup**
- **Table sugar**
- **Turbinado sugar**

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