

Grocery Store Sugar:

Sugar that consumers can find easily on the shelves

Agave Syrup
Coconut Sugar
Corn Syrup
Dark Brown Sugar
Granulated Sugar
Honey
Light Brown Sugar
Maple Syrup
Molasses
Powder Sugar
Turbinado (Demerara or Muscavado)

Commonly Added Varieties

Processed sugars you may find on ingredient lists

Agave Nectar
Barley Malt
Beet Sugar
Brown Rice Syrup
Brown Sugar
Cane Crystals/Sugar
Caramel
Coconut Sugar
Corn Syrup
Dehydrated Cane Juice
Dextrin
Dextrose
Evaporating Cane Juice
Glucose
Grape Sugar
High-Fructose Corn Syrup
Honey
Invert Sugar
Lactose
Maltodextrin
Maple Syrup
Malt Syrup
Maltose
Palm Sugar
Raw Sugar
Rice Syrup
Sucrose
Syrup
Turbinado Sugar

Hidden & Less Common Names

These sugars are a little less well known... but they're still out there!

Buttered Syrup
Carob Sugar
Caster Sugar
Diastatic Malt
Diatase
Ethyl Maltol
Galactose
Golden Syrup
Panocha
Saccharose
Sorghum Syrup
Treacle
Xylose

Artificial Sweeteners

Their names, alternative names and brands

- Advantame
- Aspartame
 - o APM or AminoSweet
 - o Canderel, Equal, NutraTaste Blue or Nutra Sweet
- Neotame
- Saccharin
 - o Acid, Calcium or Sodium Saccharin
 - o Equal Saccharin, NectaSweet, Sweet n' Low or Sweet Twin
- Acesulfame
 - o ACK, ACE K or Acesulfame K
 - o Equal Spoonful, Sweet One, or Sunett
- Sucralose
 - o Trichloro sucralose
 - o Equal Sucralose, NatraTaste Gold, Splenda, SucraPlus, Sukrana, Cukren, or Nevella