

## Sources of Sugar

<p><b>Non-Chemical Sweeteners</b></p> <p><b>Agave (nectar)</b></p> <p><b>Barley malt</b></p> <p><b>Beet sugar</b></p> <p><b>Brown rice syrup</b></p> <p><b>Brown sugar</b></p> <p>Buttered syrup</p> <p><b>Cane sugar</b></p> <p>Cane-juice crystals</p> <p><b>Caramel</b></p> <p>Carob syrup</p> <p>Coconut nectar</p> <p><b>Coconut sugar/crystals</b></p> <p><b>Corn syrup</b></p> <p><b>Corn syrup solids</b></p> <p><b>Date sugar</b></p> <p><b>Dehydrated cane juice</b></p> <p>Demerara sugar</p> <p>Dextran</p> <p><b>Dextrose</b></p> <p>Diastatic malt</p> <p>Diastase</p> <p>Ethyl maltol</p> <p><b>Fructose</b></p> <p><b>Fruit juice</b></p> <p><b>Fruit juice concentrate</b></p> <p><b>Glucose</b></p> <p>Glucose solids</p> <p>Golden sugar</p> <p>Golden syrup</p> <p><b>Granulated sugar</b></p> <p>Grape sugar</p> <p><b>High fructose corn syrup</b></p> <p><b>Honey</b></p> <p>Inulin</p> <p>Invert sugar</p> <p>Isomaltulose</p> <p><b>Lactose</b></p>	<p>Levulose</p> <p><b>Light brown sugar</b></p> <p><b>Malt syrup</b></p> <p><b>Maltodextrin</b></p> <p>Maltose</p> <p><b>Maple syrup</b></p> <p><b>Molasses</b></p> <p>Muscovado</p> <p>Neotame</p> <p><b>Palm sugar</b></p> <p><b>Powdered sugar</b></p> <p>Rafinose</p> <p>Rapadura</p> <p><b>Raw sugar</b></p> <p>Refiner's syrup</p> <p>Rice Syrup</p> <p>Sorghum syrup</p> <p>Succanat</p> <p><b>Sucrose</b></p> <p><b>Sugar</b></p> <p><b>Sugar beet</b></p> <p><b>Sugar cane</b></p> <p>Tagitose</p> <p>Treacle</p> <p>Trehalose</p> <p><b>Turbinado</b></p> <p>Xylitol</p> <p>Yellow sugar</p>	<p><b>Chemical sweeteners</b> <b>(brand name)</b></p> <p>Aspartame (Equal, Nutrasweet)</p> <p>Saccharin (Sweet 'n Low)</p> <p>Acesulfame K (Sunnette, Sweet &amp; Safe, Sweet One)</p> <p>Sucralose (Splenda)</p> <p>Rebiana/Erythritol (Truvia)</p> <p><b>Sugar Alcohol</b></p> <p>Arabitol</p> <p>Dulcitol</p> <p>Erythritol</p> <p>Ethylmaltol</p> <p>Glycol</p> <p>Glycerol</p> <p>Iditol</p> <p>Isomalt</p> <p>Lactitol</p> <p>Mannitol</p> <p>Malitol</p> <p>Polyglycitol</p> <p>Ribitol</p> <p>Sorbitol</p> <p>Tagitol</p> <p>Threitol</p> <p>Xylitol</p>
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