

Sources of Sugar

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