



path to nourishment

ALTERNATIVE NAMES FOR SUGAR

Agave nectar	Barbados sugar	Barley Malt
Barley Malt Syrup	Beet Sugar	Blackstrap Molasses
Brown Sugar	Buttered Syrup	Cane Juice
Cane juice crystals	Cane Sugar	Caramel
Carob Syrup	Castor Sugar	Coconut Palm sugar
Coconut Sugar	Confectioner's sugar	Corn Sweetener
Corn Syrup	Corn Syrup Solids	Date Sugar
Dehydrated cane juice	Demerara Sugar	Dextrin
Dextrose	Evaporated Cane sugar	Florida crystals
Free-flowing brown sugars	Fructose	Fruit juice
Fruit juice concentrate	Glucose	Glucose solids
Golder sugar	Golden Syrup	Grape sugar
HFCS – High Fructose Corn Syrup	Honey	Icing Sugar
Invert Sugar	Malt Syrup	Maltodextrin
Maltol	Maltose	Mannose
Maple Syrup	Molasses	Muscovado
Palm Sugar	Panela Sugar	Panocha
Powdered Sugar	Rapadura	Raw Sugar
Refiner's syrup	Rice Syrup	Rice Malt Syrup
Saccharose	Sorghum Syrup	Sucrose
Sugar (granulated)	Sucanat	Sweet Sorghum
Syrup	Treacle	Turbinado Sugar

This is a list of sugar I have found, there may be more out there. Please remember not all sugar is created equal, using a rapadura, honey or maple syrup that has been processed minimally, will still give the same result when it comes to sweetness over the processed varieties.