



HIDDEN NAMES OF SUGAR!

These WILL Spike your Blood Sugar Levels.

Many of these are BETTER than WHITE Sugar....but still Sugar.

1. Agave nectar
2. Barbados sugar
3. Barley malt
4. Barley malt syrup
5. Beet sugar
6. Brown sugar
7. Buttered syrup
8. Cane juice
9. Cane juice crystals
10. Cane sugar
11. Caramel
12. Carob syrup 1
3. Castor sugar
14. Coconut palm sugar
15. Coconut sugar
16. Confectioner's sugar
17. Corn sweetener
18. Corn syrup
19. Corn syrup solids
20. Date sugar
21. Dehydrated cane juice
22. Demerara sugar
23. Dextrin
24. Dextrose
25. Evaporated cane juice
26. Free-flowing brown sugars
27. Fructose
28. Fruit juice

29. Fruit juice concentrate
30. Glucose
31. Glucose solids
32. Golden sugar
33. Golden syrup
34. Grape sugar
35. HFCS (High-Fructose Corn Syrup)
36. Honey
37. Icing sugar
38. Invert sugar
39. Malt syrup
40. Maltodextrin
41. Maltol
42. Maltose
43. Mannose
44. Molasses
45. Muscovado
46. Palm sugar
47. Panocha
48. Powdered sugar
49. Raw sugar
50. Refiner's syrup
51. Rice syrup
52. Saccharose
53. Sorghum Syrup
54. Sucrose
55. Sugar (granulated)
56. Sweet Sorghum
57. Syrup
58. Tapioca syrup
59. Turbinado sugar