

Hidden Sugars

Cheat Sheet

DRY SUGARS

- Barley malt
- Beet sugar
- Brown sugar
- Buttered sugar
- Cane juice crystals
- Cane sugar
- Caster sugar
- Coconut sugar
- Corn sweetener
- Crystalline fructose
- Date sugar
- Dextran, malt powder
- Ethyl maltol
- Golden sugar
- Invert sugar
- Maltodextrin
- Maltose
- Muscovado sugar
- Panela
- Palm sugar
- Organic raw sugar
- Rapadura sugar
- Evaporated cane juice
- Confectioner's sugar
- Fruit juice concentrate

SYRUPS

- Agave nectar
- Carob syrup
- Golden syrup
- High-fructose corn syrup
- Honey
- Malt syrup
- Maple syrup
- Molasses
- Oat syrup
- Rice bran syrup
- Rice syrup