

## Words That Really Just Mean 'Added Sugar'



agave juice  
agave nectar  
agave sap  
agave syrup  
beet sugar  
brown rice syrup  
brown sugar  
cane juice  
cane sugar  
cane syrup  
caster sugar  
clintose®  
coconut sugar  
confectioner's sugar  
corn glucose syrup  
corn sweetener  
corn syrup  
crystalline fructose  
date sugar  
dextrose  
dri-mol®  
dri-sweet

dried raisin sweetener  
edible lactose  
evaporated cane juice  
flo-malt®  
fructose  
fructose sweetener  
glaze and icing sugar  
golden syrup  
gomme  
granular sweetener  
granulated sugar  
hi fructose corn syrup  
high fructose corn syrup  
honey  
honi-bake®  
honi-flake®  
invert sugar  
inverted sugar  
isoglucose  
isomaltulose  
kona-ame  
lactose  
liquid sweetener  
malt  
malt sweetener  
malt syrup

maltose  
maple  
maple sugar  
maple syrup  
mizu-ame  
molasses  
nulomoline®  
powdered sugar  
raisin paste  
rice syrup  
sorghum  
sorghum syrup  
starch sweetener  
sucanat  
sucrose  
sucrovert  
sugar beet  
sugar invert  
superfine sugar  
sweet 'n neat®  
table sugar  
treacle  
trehalose  
trusweet™  
turbinado sugar  
versatose®



## Words That Really Just Mean 'Low-calorie Sweetener'



acesulfame k  
acesulfame potassium  
aclame™  
advantame  
alitame  
allulose  
arruva  
aspartame  
aspartame-acesulfame salt  
brazzein  
candyleaf  
curculin  
cweet™  
cyclamate  
cyclamic acid  
dolcia prima®  
enliten®  
equal®  
erylite®  
erythritol  
instasweet™  
kakato™  
kaltame®  
lactitol

lakanto®  
lumbah  
luo han guo  
luo han kuo  
mabinlin  
maltitol  
monatin  
monellin  
monk fruit extract  
natratate®  
necta sweet®  
nectresse™  
neo dhc  
neohesperidine dihydro-  
chalcone  
neotame  
nutrasweet®  
osladin  
oubli  
pentadin  
psicose  
purefruit™  
pure via®  
reb a

rebaudioside a  
rebiana  
saccharin  
sorbitol  
splenda®  
stevia  
steviol glycoside  
stevioside  
sucralose  
sugarleaf®  
sugar twin®  
sunett®  
sweet one®  
sweet'n low®  
sweetleaf®  
swerve®  
thaumatin  
truvia®  
twinsweet®  
xylitol

