

Sugar List

These are the different names for sugar. Read all labels on your food carefully. Sugar is hidden in the most unexpected places!

If you are physically sensitive, ANY carbohydrate in a large enough amount can trigger your sensitivity. Sugars are carbohydrates which have been refined or concentrated in varying degrees. Sugars vary widely in physical properties and in their ability to create difficulties for you.

Avoid all products in which sugar is listed earlier than the fifth ingredient. Be aware that if more than one sugar is listed, even below the fifth ingredient, the product may contain a significant amount of sugar. Listen carefully to your own body as individual tolerances vary. Talk about the questionable foods with people you trust and with your nutritionist, physician, or other professional.



Barbados molasses

Barbados sugar

Barley extract

Barley malt

Beet sugar

Blackstrap molasses

Brown rice sweetener molasses

Brown rice syrup

Brown sugar

Cane juice crystals

Cane syrup

Caramel

Caramel color

Cereal extract

Cereal extract dextrin

Clarified grape juice

Concentrated fruit juice

Confectioners sugar

Corn sweeteners

Corn syrup

Corn syrup solids

Dark brown sugar

Date sugar

Dextrose

Disaccharides

Evaporated cane juice

Fig, date, or raisin syrup

Filtered honey sucanat

Fructose crystalline

Fructose maltose

Fruit juice concentrate

Fruit juice sweeteners

Fruit nectars

Fruit sugar

Fruit sweetener

Fruit syrup

Fruitsource (TM)

Galactose

Glucose

Glucose syrup

Granulated sugar

Grape sugar

High fructose corn syrup

Honey

Invert sugar syrup hydrogenated

Invert sugar

Invert syrup

Lactodextrin

Lactose polydextrose

Lactylated dextrin

Levulose

Light brown sugar

Lite sugar

Low sugar

Malt flavoring

Malt syrup

Maltitol*

Maltodextrin malted

Maltodextrose ribose

Mannitol

Maple sugar

Maple syrup

Monosaccharides

Natural syrup

Polysaccharides malt

Raw sugar powdered

Ribbon cane syrup

Rice malt

Sorbitol

Sorghum molasses

Sorghum syrup

Sucrose

Sugar

Sugar cane sugar

Sugar turbinado

Tapioca dextrin

Unfiltered honey

White sugar lo-sugar

Xylitol*

Xyulose

*** Some members do ok with small amounts of sugar alcohols in gum and mints. These products end in "-ol"**

Note: Corn starch, wheat starch, and modified food starch are flours, not sugars, but they are so highly refined that the body frequently reacts as though they were sugars. Avoid products in which they are listed before the fifth ingredient.