## THE LIST OF ALL THINGS





## ON THE SHELF:

MOST COMMON PROCESSED VARIETIES
YOU'LL FIND ON GROCERY STORE SHELVES

AGAVE SYRUP

**COCONUT SUGAR** 

**CORN SYRUP** 

DARK BROWN SUGAR

GRANULATED SUGAR (FROM CANE OR BEETS)

HONEY (REFINED)

LIGHT BROWN SUGAR

MAPLE SYRUP

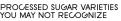
MOLASSES

POWDERED SUGAR

TURBINADO (DEMERARA

OR MUSCOVADO) SUGAR





BUTTERED SYRUP
CAROB SYRUP

CASTOR SUGAR

DIASTATIC MALT

DIATASE

ETHYL MALTOL

GALACTOSE

GOLDEN SYRUP

PANOCHA

SACCHAROSE

SORGHUM SYRUP

TREACLE

XYLOSE



## GOTTA

NEED TO ADD SUGAR? TRY THESE OPTIONS IN ORGANIC VARIETIES:

**RAW HONEY** 

MAPLE SYRUP (PURE

AND LOCAL)

FRESH FRUIT JUICES

DATE SUGAR

## COMMONLY ADDED:

MOST COMMON PROCESSED VARIETIES YOU'LL FIND LISTED IN THE INGREDIENTS

AGAVE NECTAR

BARLEY MALT

BEET SUGAR

BROWN RICE SYRUP

BROWN SUGAR

CANE CRYSTALS OR SUGAR

CARAMEL

**COCONUT SUGAR** 

CORN SYRUP

DEHYDRATED CANE JUICE

DEXTRIN

**DEXTROSE** 

EVAPORATED CANE JUICE

**FRUCTOSE** 

FRUIT JUICE CONCENTRATE

**GLUCOSE** 

**GRAPE SUGAR** 

HIGH-FRUCTOSE CORN SYRUP

**HONEY** 

INVERT SUGAR

LACTOSE

MALTODEXTRIN

MAPLE SYRUP

MALT SYRUP

MALTOSE

**MOLASSES** 

PALM SUGAR

RAW SUGAR

RICE SYRUP

SUCROSE

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SYRUP

TURBINADO SUGAR

www.coconutsandkettlebells.com