

THE LIST OF ALL THINGS

SUGAR



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



NOT SO OBVIOUS:

PROCESSED SUGAR VARIETIES
YOU MAY NOT RECOGNIZE

BUTTERED SYRUP
CAROB SYRUP
CASTOR SUGAR
DIASTATIC MALT
DIATASE
ETHYL MALTOL
GALACTOSE
GOLDEN SYRUP
PANOCHA
SACCHAROSE
SORGHUM SYRUP
TREACLE
XYLOSE

GOTTA USE IT?

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
SYRUP
TURBINADO SUGAR