

# SUGAR BY ALL ITS ALIASES

*Sugar by any other name will taste as sweet:*

## **Brown Sugar**

Sucrose crystals coated with molasses

## **Caramel**

## **Corn Syrup**

## **Dextrin**

## **Dextrose**

Obtained from starch, corn sugar, corn syrup (liquid dextrose), grape sugar

## **Fructose**

Fruit sugar. Found in fruits, molasses and honey. It's 1 ½ times as sweet as sucrose, but provides the same number of calories. Absorbed more slowly than sucrose, so blood sugar doesn't rise as quickly.

## **Fruit Juice Concentrate**

May mean fruit stripped of all nutrients, flavors, and colors to leave only refined fructose.

## **Galactose**

## **Glucose**

All sugar gets converted to glucose in the blood. Found in fruits, some vegetables, honey and corn syrup.

## **Honey**

Made of mostly fructose, honey is more a concentrated carbohydrate than sucrose.

## **Invert Sugar**

A combination of sucrose, glucose, and fructose.

## **Lactose**

Milk sugar, a combination of glucose and fructose.

## **Malto-Dextrin**

## **Maltose**

Formed by the breakdown of starches.

## **Mannitol**

A sugar alcohol absorbed more slowly than sucrose.

## **Maple Syrup**

## **Molasses**

Syrup separated from raw sugar during processing into sucrose.

## **Polydextrose**

## **Sorbitol**

Sugar alcohol in fruits and berries. Provides the same number of calories as sucrose but is only 60% as sweet.

## **Starch**

Found in potatoes, grains, and breads.

## **Sucrose**

Known as table sugar, white sugar, granulated sugar, powdered or confectioner's sugar.

## **Sugar**

## **Turbinado**

## **Xylitol**

A sweetener found in plants and used as a substitute for sugar; it is called a nutritive sweetener because it provides calories. Just like sugar.