

Sugar has many different names and is hidden in foods where you least expect it like yogurt and “healthy” granola bars. Sugar is not inherently bad, however, the excessive amount of it in the standard American diet is a problem. Let this list help you identify hidden sugars and avoid foods that contain them.

Agave	Free Flowing Brown Sugars	Miraculin
Agave Nectar	Fructose	Molasses
Agave Syrup	Fructose Glucose Syrup	Monatin
Aspartame	Fruit Juice	Monellin
Barbados Sugar	Fruit Juice Concentrate	Monk Fruit (Luo Han Guo)
Barley Malt	Galactose	Monosaccharide
Barley Malt Syrup	Glucose	Muscovado Sugar
Beet Sugar	Glucose Fructose Syrup	Palm Sugar
Birch Syrup	Glucose Solids	Panela
Blackstrap Molasses	Golden Sugar	Panocha
Brown Rice Syrup	Golden Syrup	Pentadin
Brown Sugar	Grape Sugar	Polysaccharide
Buttered Syrup	HFCS	Powdered Sugar
Cane Juice	HFCS-42	Rapadura
Cane Sugar	HFCS-55	Raw Cane Sugar
Caramel	HFCS-90	Raw Sugar
Carob Syrup	High Fructose Corn Syrup	Refiner's Syrup
Castor Sugar	High Maltose Corn Syrup (HMCS)	Ribose
Coconut Palm Sugar	Honey	Rice Bran Syrup
Coconut Nectar	Icing Sugar	Rice Syrup
Coconut Sugar	Invert Sugar	Rice Malt
Confectioner's Sugar	Invert Sugar Syrup	Saccharose
Corn Sugar	Inverted Sugar	Sucrose
Corn Sweetener	Isoglucose (HFCS)	Sorghum Syrup
Corn Syrup	Jaggery	Sucanat
Corn Syrup Solids	Lactose	Sucrose
Date Sugar	Levulose (Fructose)	Sugar
Dehydrated Cane Juice	Luo Han Guo	Tagatose
Demerara Sugar	Malt	Thaumatococin
Dextran	Malt Sugar	Treacle
Dextrose	Malt Syrup	Trehalose
Diastatic Malt	Maltodextrin	Turbinado Sugar
Disaccharide	Maltose	Yacon Syrup
Evaporated Cane Juice	Maple Syrup	Yellow Sugar

Artificial Sweeteners, Sugar Alcohols, Sugar Fibers, Natural Sweeteners

Many people consider artificial sweeteners to be a better option when compared to sugar. Like sugar, while these “fake sugars” are not inherently bad, the sweetness of these additives alters your palate, and potentially makes you crave more sugar. Many people feel better when eliminating these from their diet.

Acesulfame K	Glycerol (Glycerin)	Oligofructose
Advantame	Glycol	Polydextrose
Alitame	Glycyrrhizin	Polyglycitol
Arabitol	Hydrogenated Starch Hydrolysate (HSH)	Ribitol
Aspartame	Iditol	Saccharin
Aspartame-Acesulfame Salt	Inulin	Sorbitol
Brazzein	Isomalt	Splenda
Curculin	Isomalto-oligosaccharide (IMO)	Stevia
Cyclamate	Lactitol	Stevioside
Dulcitol	Maltitol	Sucralose
Equal	Mannitol	Sweetleaf
Erythritol	Neohesperidin DC	Sweet-n-Low
Ethyl maltol	Neotame	Threitol
Fructooligosaccharide	Nutra-Sweet	Truvia
Glucitol (Sorbitol)		Xylitol