

## SNEAKY SOURCES OF SUGAR

Agave nectar\*  
Barbados sugar\*  
Barley malt  
Beet sugar\*  
Blackstrap molasses\*  
Brown rice syrup\*  
Brown sugar\*  
Buttered syrup\*  
Cane juice crystals\*  
Cane sugar\*  
Caramel\*  
Carob syrup\*  
Castor sugar\*  
Confectioner's sugar\*  
Corn syrup  
Corn syrup solids  
Crystalline fructose\*  
Date sugar\*  
Demerara sugar\*  
Dextran  
Dextrose  
Diastatic malt  
Diatase  
Ethyl maltol  
Evaporated cane juice\*  
Florida crystals\*  
Fructose\*  
Fruit juice\*  
Fruit juice concentrate\*  
Galactose  
Glucose

Glucose solids  
Golden sugar\*  
Golden syrup\*  
Grape sugar\*  
High-fructose corn syrup\*  
Honey\*  
Icing sugar\*  
Invert sugar\*  
Lactose  
Malt syrup  
Maltose  
Maple syrup\*  
Molasses\*  
Muscovado sugar\*  
Organic raw sugar\*  
Panocha\*  
Raw sugar\*  
Refiner's syrup\*  
Rice syrup  
Sorghum syrup\*  
Sucrose\*  
Sugar\*  
Treacle\*  
Turbinado sugar\*  
Yellow sugar\*

\*Contains fructose