

Sugar and its Alias Names

- cane sugar
- evaporated cane juice
- crystal fructose
- barley malt
- high fructose corn syrup
- glucose solids
- dextrose
- fructose
- maltose
- brown rice syrup
- beet sugar
- date sugar
- agave nectar
- carmel
- raw sugar
- corn syrup solids
- sorghum syrup
- sucinate
- galactose



Better sweeteners, but use in moderation

- *pure maple syrup*
- *organic raw honey*
- *organic coconut sugar*

