

# Hidden sugars

Did you know that there are over 60 different names for sugar? Typically, you will be able to recognize if an ingredient is present in a food by referring to the ingredient label. However, certain dietary ingredients may be listed under a different name or may be derived from a certain food, making them difficult to recognize. The list below can help you identify hidden sources of sugar found in foods.

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Golden sugar
- Golden syrup
- Granulated sugar
- Grape sugar
- High-fructose corn syrup
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Molasses
- Muscovado
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum syrup
- Sucrose
- Sweet sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar





## References

1. Fitch, C., Keim, K. S., & Academy of Nutrition and Dietetics. (2012). Position of the Academy of Nutrition and Dietetics: Use of nutritive and nonnutritive sweeteners. *Journal of the Academy of Nutrition and Dietetics*, 112(5), 739–758.
2. Sugar Science. (2013, November 17). Hidden in plain sight. University of California San Francisco. <https://sugarscience.ucsf.edu/hidden-in-plain-sight/>



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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.  
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