

60+ Names for Sugar

The free cheat sheet to spot hidden sugar on any ingredient label

Sugar doesn't always say "sugar." Manufacturers use dozens of different names — some scientific, some deceptively "natural" sounding — to describe the same thing. This list groups them by category so you can scan a label and actually recognize what you're looking at.

Basic & Table Sugars

- Sucrose
- Fructose
- Maltose
- Galactose
- Glucose
- Dextrose
- Lactose
- Sorbose

Syrups

- High-fructose corn syrup (HFCS)
- Corn syrup solids
- Rice syrup
- Barley malt syrup
- Tapioca syrup
- Sorghum syrup
- Invert sugar / invert cane syrup
- Corn syrup
- Brown rice syrup
- Malt syrup
- Golden syrup
- Maple syrup
- Treacle

Cane, Beet & Raw Sugars

- Cane sugar
- Evaporated cane juice
- Turbinado sugar
- Muscovado sugar
- Beet sugar
- Piloncillo
- Cane juice
- Raw sugar
- Demerara sugar
- Brown sugar
- Panela

Fruit & Plant-Derived

- Fruit juice concentrate
- Date sugar
- Coconut sugar
- Agave nectar
- Molasses
- Fruit juice
- Date syrup
- Coconut nectar
- Agave syrup
- Honey

- Palm sugar

Sugar Alcohols (Polyols)

- Maltitol
- Xylitol
- Erythritol
- Lactitol
- Sorbitol
- Mannitol
- Isomalt

Processed / Technical Names

- Maltodextrin
- Polydextrose
- Diastase
- Caramel
- Dextrin
- Diastatic malt
- Ethyl maltol
- Fruit pectin (sweetened)

Newer / “Low-Impact” Sweeteners Worth Knowing

- Allulose
- Stevia / rebaudioside A
- Acesulfame potassium (Ace-K)
- Monk fruit extract
- Sucralose

Watch for this pattern: if any of these appear in the first three ingredients, or if you see two or three of them stacked together in the same product, sugar is doing more work in that item than the front label wants you to think.

■ Scan any label and see this in action

Sugar Scanner reads the ingredient list for you — free, no download, results in seconds.

sugarscannerapp.com