

The Names of Sugar in Foods

- Glucose
- Sucrose
- Fructose
- Galactose
- Lactose
- Maltose
- Dextrose
- High Fructose Corn Syrup
- Sugar
- Confectioner's Sugar
- Brown Sugar
- Corn Syrup or Sweetener
- Honey
- Invert Sugar
- Maltodextrin
- Maple Syrup
- Malt
- Molasses
- Turbinato Sugar