**The Many Forms of Sugar**

Agave Nectar

Alcohol

\*Barley Malt

Beet Sugar

Brown Sugar

\*Brown Rice Syrup

Buttered Syrup

Cane Juice Crystals

Cane Sugar

Caramel

Carob Syrup

\*Coconut Sugar (AKA: Coconut Palm sugar, Coconut Blossom Sugar, gula kelapa, jaggery or gur)

Corn Syrup Solids

\*Date Sugar

Dehydrated Cane Juice

\*Demarara

Dextran

Dextrose

Diastase

\*Erythritol

Ethyl Maltol

Fructose

Fruit Juice and Fruit Juice Concentrate

Glucose

Glucose Solids

Golden Sugar

Grape Sugar

High Fructose Corn syrup

\*Honey (Raw and Local is best)

Invert Sugar

Lactose

Malt Syrup

Maltodextrin

Maltodextrin

Maltose

\*Maple Syrup

Mannitol

\*Monk Fruit Sugar (Lo Han)

\*Molasses

\*Palm Sugar or Syrup

\*Rapadura

Raw Sugar

Refined Carbs (white flour and other processed grains)

Refiner’s Syrup

Sorbitol

\*Sorghum Syrup

\*Stevia

Sucanat

Sucrose

Sugar

Turbinado Sugar

\* Xylitol (in small amounts)

**\* Indicates preferred/better forms of sugar or sweetener.**