

## SUGARS

Added SUGARS in processed foods can be found under the following names:

1. Agave Syrup
2. Amasake
3. Any name ending in "ose" or "ol" or "syrup"
4. Barbados Sugar
5. Barley Malt
6. Blackstrap Molasses
7. Black Sugar
8. Brown Sugar - the refined sugar coated with molasses or colored with caramel
9. Cane Juice
10. Cane Juice Crystals
11. Cane Sugar
12. Caramel
13. Caramel Coloring
14. Castor Sugar
15. Confectioner's Sugar
16. Corn Sweetener
17. Corn Syrup - a manufactured syrup of corn starch, containing varying proportions of glucose, maltose, and dextrose
18. Corn Syrup Solids
19. Crystallized Cane Juice
20. D-mannose
21. Date Sugar
22. Demerara
23. Demerara Sugar
24. Dehydrated Cane Juice
25. Dehydrated Cane Juice Crystals
26. Dextran
27. Dextrin
28. Dextrine
29. Dextrose (glucose) - a simple sugar made of only one molecule
30. Disaccharides
31. Evaporated Cane Juice
32. Evaporated Cane Juice Sugar
33. Florida crystals (a trademarked name)
34. Free Flowing Brown Sugars
35. Fructose - a simple sugar refined from fruit
36. Fruit Juice Concentrate
37. Galactose
38. Galactose
39. Glucose
40. Glucose Syrup
41. Golden Syrup
42. Grape Sugar
43. Grape Sweetener
44. High Fructose Corn Syrup (HFCS) - highly concentrated syrup of predominantly fructose
45. Honey
46. Hydrolysed Starch
47. Hydrogenated Glucose Syrup
48. Hydrogenated Starch Hydrolysates (HSH)
49. Invert Sugar
50. Isomalt
51. Levulose
52. Lactitol
53. Lactose - a simple sugar from milk
54. Malt

55. Malt Extract
56. Malt Syrup
57. Maltodextrin - a manufactured sugar from maltose and dextrose
58. Maltose - a simple sugar made from starch, usually grains
59. Mannitol
60. Maple Syrup
61. Molasses
62. Monosaccharide
63. Muscovado
64. Organic Dehydrated Cane Juice
65. Panocha
66. Polysaccharide
67. Powdered Sugar
68. Raw Cane Crystals
69. Raw Honey
70. Raw Sugar - a less refined sugar with a small amount of molasses remaining
71. Refiner's Syrup
72. Ribose
73. Rice Extract
74. Rice Malt
75. Rice Syrup
76. Saccharide
77. Saccharose
78. Sorghum
79. Sorghum Syrup
80. Sorbitol
81. Sucanat
82. Succanat
83. Sucrose
84. Sugar (sucrose) - the refined crystallized sugar; a combination of glucose and fructose
85. Sugar (granulated)
86. Sweetener
87. Syrup
88. Table Sugar
89. Treacle
90. Turbinado
91. Turbinado Sugar
92. Unbleached Crystallized Evaporated Cane Juice
93. Unbleached Evaporated Sugar Cane Juice Crystals
94. Unbleached Sugar Cane
95. Unrefined Cane Juice Crystals
96. Washed Cane Juice Crystals
97. White Grape Juice - a highly purified fructose solution; virtually no other nutrients are present
98. Yellow Sugar
99. Xylitol OR Xylose

## **STARCHES**

1. Cornstarch
2. White flour
3. Wheat flour
4. Any flour
5. Pasta
6. Any bread or bread product
7. Breadsticks
8. Bagels
9. Hamburger buns
10. Hotdog buns

11. Crackers
12. Tortillas
13. Oatmeal
14. Rice
15. Peas
16. Corn
17. Lentils
18. Pita bread
19. Pretzels
20. Corn chips
21. Potato chips
22. Yams
23. Potatoes
24. Pancakes
25. Muffins
26. Just about all root vegetables
27. Fried chicken (coating)
28. Any breading on fish, chicken, etc.
29. Beans
30. Grains
31. Acorn squash
32. Butternut squash
33. Cereals
34. Popcorn
35. Biscuits
36. Corn bread
37. Taco shells
38. Croutons
39. Rice cakes
40. Cream of Wheat
41. Corn meal
42. Quite a few nuts contain starch, etc...