



INSTITUTE FOR
WHOLISTIC
REJUVENATION®

GloriaGilbère.com

67 Sneaky Names for SUGAR

- Artichoke syrup
- Agave nectar
- Barbados sugar
- Barley malt sugar
- Beet sugar
- Blackstrap molasses
- Brown rice syrup
- Brown sugar
- Cane sugar
- Corn syrup solids
- Caramel
- Carob syrup
- Castor sugar
- Coconut sugar
- Coconut palm sugar
- Coconut nectar
- Confectioners sugar
- Corn sweetener
- Corn syrup
- Corn sugar
- Date sugar
- Demerara sugar
- Dextran
- Dextrose
- Diastatic malt
- Diatase
- D-xylose
- Evaporated cane juice
- Evaporated cane sugar
- Fructose
- Fruit sugar
- Fruit juice
- Fruit juice concentrate
- Galactose
- Glacomalt
- Glucose
- Granulated sugar
- Grape sugar
- Grape juice concentrate
- Golden syrup
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Maltose
- Malt sugar
- Maple syrup
- Molasses
- Muscovado sugar
- Palm sugar
- Powdered sugar
- Raw sugar
- Refiner's sugar
- Rice malt syrup
- Saccharose
- Sorghum syrup
- Sucrose
- Simple syrup
- Sucanat
- Tapioca syrup
- Treacle
- Turbinado sugar
- Yellow sugar
- Yacon syrup
- Xylose sugar



SUGAR IS
MORE ADDICTIVE
THAN COCAINE

80%
of food items in
U.S. grocery
stores are spiked
with added sugar

1/3
of Americans
will have
diabetes
by 2050

UCSF