

## Sugar Synonyms and Artificial Sweeteners

All sugars are unhealthy carbohydrates. Artificial sweeteners (chemically produced) can also cause weight gain and aggravate our cravings for sweetened foods. Sugar is listed on food labels with the following **synonyms**:

- Agave
- Agave nectar
- Barley malt
- Beet sugar
- Brown rice syrup
- Carob syrup
- Corn syrup
- High fructose corn syrup
- Fructose
- Invert sugar
- Lactose
- Levulose
- Sorbitol
- Sorghum syrup
- Honey
- Dates and date products
- Date sugar
- Datem
- Malt syrup
- Maltodextrin
- Mannitol
- Fruit juice
- Fruit juice concentrate
- Dried fruit
- Maple syrup
- Molasses
- Brown sugar
- Raw sugar
- Cane juice
- Cane Sugar
- Crystallized cane juice
- Sucrose
- Dextrose
- Dextran

## Artificial Sweeteners

- Aspartame (Equal, NutraSweet)
- Saccharine (Sweet'n Low)
- Stevia (Truvia, Sun Crystals)
- Sucralose (Splenda)