



69 “Natural” Sugars and Sweeteners:

Solid Processed Cane/Beet/Grain:

Beet sugar (GMO)
Brown sugar (cane)
Cane juice crystals
Cane sugar
Castor sugar (GMO beet/cane)
Confectioner’s sugar (GMO beet/cane)
Corn syrup solids (corn/GMO)
Crystalline fructose (corn/GMO)
Demerara sugar (rough cane/GMO beet)
Dextrin (wheat)
Diastatic malt (sprouted barley)
Florida crystals (cane/GMO beet)
Golden sugar (cane/GMO beet)
Glucose syrup solids (GMO corn)
Icing sugar (cane)
Invert Sugar (cane syrup)
Maltodextrin (barley/wheat)
Muscovado (raw cane)
Panela sugar (cane juice crystals)
Raw sugar (cane)
Sugar (cane or GMO beet)

Sucanat (raw cane)

Turbinado sugar (cane)

Yellow sugar (cane/GMO beet)

Liquid Processed Cane/Beet/Grain:

Barley malt
Blackstrap molasses (cane)
Brown rice syrup
Buttered sugar/buttercream
Caramel (cane/GMO beet)
Corn syrup (GMO)
Evaporated cane juice
Golden syrup (Corn/GMO)
High-Fructose Corn Syrup (GMO)
Honey (Often diluted with corn syrup)
Invert sugar (cane syrup)
Malt syrup (barley)
Molasses (cane byproduct)
Rice syrup
Refiner’s syrup (cane)
Sorghum syrup
Treacle (cane)

Simple Sugars (molecular):

Dextrose (starch/GMO corn)

Fructose (apple/GMO corn)

Galactose (component of lactose)

Glucose (simplest sugar chemical)

Lactose (milk sugar/allergen)

Maltose (any cultured starch)

Sucrose (most often beet and cane)

Sugar Alcohols:

Erythritol

Ethyl Maltol

Hydrogenated starch hydrolysates
(HSH)

Isomaltose

Maltitol

Mannitol

Sorbitol

Xylitol (most is corn, some is birch)

**Other Processed or Chemically
Derived Plant Sweeteners:**

Agave Nectar/Syrup (succulent plant)

Carob Powder/Syrup (locust bean pod)

Coconut Sugar/Coconut Palm Sugar

Grape Sugar (fruit)

Mannose/D-Mannose (fruit starch)

Palm Sugar (fruit)

Stevia *ultrasweet*

**Low-Processed Natural
Sweeteners:**

Date Sugar

Fruit Juice/Fruit Juice Concentrate

Monk fruit (Lo Han Guo) *ultrasweet*

Unprocessed Natural Sweeteners:

Fresh Fruit Juice/Fruit

Maple Syrup (tree sap)

Raw Honey (medicinal pollen/resin
derivative)