

77 NAMES FOR



The following is a list of 77 different names for sugar. Keep in mind that any of the forms listed below will spike blood sugar— unfavorably effecting ketosis. I've also included a short list of natural, "keto-friendly" sweeteners for your pleasure.

77 Different Names for Sugar

1. Agave
2. Aspartame
3. Barbados sugar
4. Barley malt
5. Beet sugar
6. Blackstrap molasses
7. Brown rice syrup
8. Brown sugar
9. Buttered syrup
10. Cane juice
11. Cane juice crystals
12. Caramel
13. Carob syrup
14. Castor sugar
15. Corn syrup
16. Corn syrup solids
17. Corn sweetener
18. Coconut palm sugar
19. Coconut sugar
20. Confectioner's sugar
21. Crystalline fructose
22. Date sugar
23. Dehydrated cane juice
24. Demerara sugar
25. Dextrin
26. Dextran
27. Dextrose
28. Diastatic malt
29. Diatase
30. D-ribose
31. Ethyl Matol
32. Evaporated cane juice
33. Florida crystals
34. Free-flowing sugar
35. Fructose
36. Fruit juice concentrate
37. Galactose
38. Glucose
39. Glucose solids
40. Golden sugar
41. Golden syrup
42. Granulated sugar
43. Grape sugar
44. High fructose corn syrup
45. Honey Icing sugar
46. Invert sugar
47. Isomalt
48. Isomaltitol
49. Lactose
50. Maltodextrin
51. Malt syrup
52. Mannose
53. Maple syrup
54. Molasses
55. Muscovado sugar
56. Oat syrup
57. Palm sugar
58. Panela sugar
59. Raw sugar
60. Refiner's syrup
61. Rice bran syrup
62. Rice syrup
63. Saccharin
64. Sorbitol
65. Sorghum syrup
66. Splenda
67. Sucralose
68. Sucrose
69. Sugarcane
70. Syrup
71. Polydextrose
72. Table sugar
73. Tapioca syrup
74. Treacle
75. Turbinado sugar
76. Yellow sugar
77. Xylitol

6 "Keto-Approved" Sweeteners

1. **Stevia (with no additives)**
2. **Stevia glycerite**
3. **Swerve**
4. **Erythritol**
5. **Monk fruit**
6. **Yacón syrup**

