

Food Lab

Sugar

Agave nectar/syrup

Cane sugar

Disaccharides

Invert sugar

Honey

Golden syrup

Raw/brown sugar

Dextrose

Fructose

Glucose

Lactose

Malt

Malt extract

Maltose

Molasses

Sorbitol

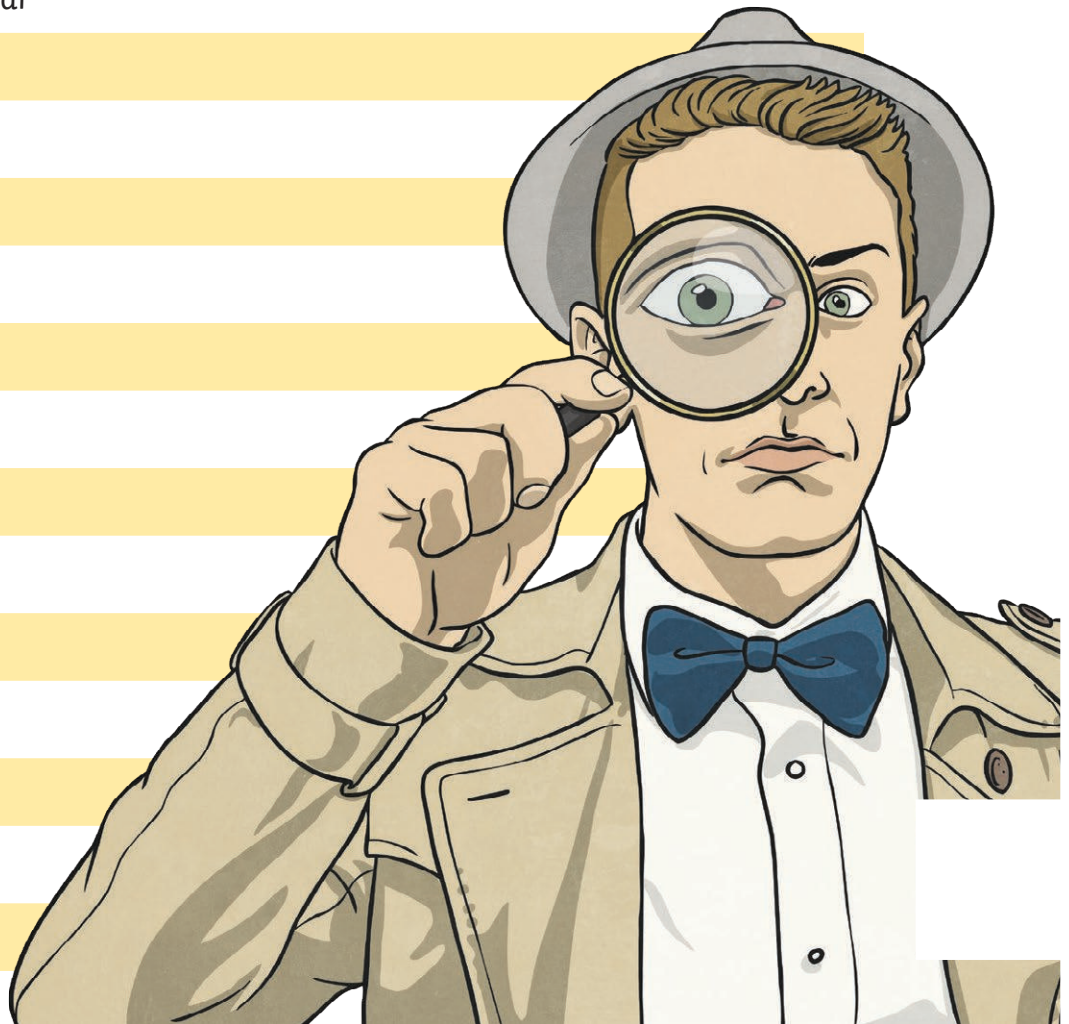
Sucrose

Corn syrup

Coconut sugar

Demerara

There are over 40 different names for sugar that can be used on a product's ingredients list. Here are some of them!



Label Alias

Salt

Rock salt

Garlic salt

Celery salt

Chicken salt

Sea salt

Sodium (any type)

Table Salt

Monosodium glutamate (MSG)

Fat

Butter

Coconut oil

Cocoa butter

Beef fat

Copha

Diglycerides

Hydrogenated vegetable oil

Palm oil

Shortening

Tallow

