

## **Names of Sugars Plus Names of Flour and Wheat**

Ace K (Acesulfame-k (Sunette, Sweet and Safe, Sweet One)

Agave

Alcohol Sugars ("ol" endings, i.e., sorbitol, mannitol, etc.)

Amazake

Apple Sugar

Artificial Sweetener Packets

Artificial Flavors (call the company about the product contents)

Aspartame/NutraSweet

Aguamiel

Barbados Sugar

Bark Sugar (also called Xylose)

Barley Malt

Barley Syrup

Beet Sugar

Black Strap Molasses

Brown Rice Syrup

Brown Sugar

Brown Sugar Syrup

Cane Juice

Cane Sugar

Caramel Coloring

Caramelized Sugar

Carob Chips/Powder

Cocoa

Concentrated Fruit Juice

Corn Sweetener

Dark Brown Sugar

Date Sugar

Dextrin

Dextrose

Diglycerides

Disaccharides

Dried/Dehydrated Fruit (i.e. figs, raisins, apple chips, etc.)

Evaporated Cane Juice

Extracts (any type or flavor)

Fat substitutes (made from concentrated fruit paste)

Florida Crystals (evaporated cane juice)

Fructooligosaccharides (FOS)

Fructose

Fruit Flavorings (call the company about the product contents)

Fruit Juice (call the company for added or hidden sugar)

Fruit Juice Concentrate

Galactose (Gal)

Glucitol (Sorbitol or Hexitol)

Glucosamine

Glucose

Glucose Polymers

Glucose Syrup

Glycerides

Glycerine (Glycerol)

Glycine

Glycol

High Fructose Corn Syrup

Honey (any type or form)

Inulin

Isomalt

-ides, any additive with this suffix:

Monosodium glycerides (any), oliglycerides, saccharides (any),  
trisaccharides, diglycerides, disaccharides, monoglycerides,  
monosaccharides, etc.

Jaggery

Lactose

Levulose

Licorice root powder

Light Brown Sugar

"Light" Sugar

"Lite" Sugar

"Low" Sugar

Malted Barley

Maltitol

Maltodextrin

Maltodextrose

Maltose

Malts (any)

Mannitol

Mannose

Maple Sugar

Maple Syrup

Microcrystalline Cellulose

Milled Sugar

Modified Food Starch

Molasses

Monoglycerides

Monosaccharides

Monosodium Glycerides

"Natural" Flavors (call the company for product contents)

Natural Milled Cane Sugar

"Natural" Sugar (call the company for product contents)

"Natural" Sweeteners

"Naturally" Sweetened

Nectar(s)

Neotame (Newtame)

-ol, any additive with this suffix:

Carbitol, glucitol, glycerol, glycol, hexitol, inversol, malitol, mannitol, sorbitol, xylitol, etc.

Olestra (made from sucrose)

"OSE" (any, i.e. sucrose, dextrose, fructose, etc.)

Papain

Pectin

Pentose

Polydextrose

Polyglycerides (Also known as Oleic, Linoleic, and Linolenic)

Polytose

Powdered Sugar

Raisin Juice

Raisin Paste

Raisin Syrup

Raw Sugar

Ribose

Rice Malt

Rice Sugar

Rice Syrup (Yinnie Syrup)

Rice Syrup Solids

Saccharides (any)

Sorbitol (Hexitol, Glucitol)

Sorghum (Sorghum syrup, Sorghum Molasses)

Stevia

Sucanat (evaporated cane juice)

Sucralose

Sucrose

Sugarcane

Sugar Cubes

"Sugar Free" Products

Syrups (any)

Salt (read the label for added dextrose)

Table Sugar  
Tagatose (D-tagatose)  
Trisaccharide  
Turbinado Sugar  
Unrefined Sugar  
Vanillin/Vanilla  
Whey  
White Sugar  
Xanthan Gum  
Xylitol  
Xylose

Names of Flour DO NOT COPY

Agar  
Almond flour  
Amaranth flour  
Arrow root  
Baking flour  
Baking powder  
Barley flour  
Bean flour  
Blue corn flour  
Buckwheat flour  
Chestnut flour  
Chia seeds

Chick Pea/Garbanzo bean/Bean flour

Coconut flour

Corn flour

Corn meal

Corn starch

Cottonseed flour

Cream of Tarter

Emmer flour

Enriched bleached flour

Enriched wheat flour

Gelatin

Hemp flour

Kuzu root

Lupin flour

Malted barley flour

Millet flour

Multi-grain flour

Nut flour (any type of nut)

Oat flour

Pastry flour

Pea flour

Potato flour

Potato starch

Psyllium husk

Quinoa flour

Rice flour

DO NOT COPY

Rye flour  
Sago flour  
Soy flour  
Sorghum flour  
Spelt flour  
Spinach flour  
Tapioca flour  
Teff flour  
Triticale flour  
Wheat flour  
White flour  
Yam flour

DO NOT COPY

Types & forms of wheat

Bran (if made from wheat)  
Bulgur  
Cracked wheat  
Durum wheat  
Einkorn  
Emmer wheat  
Farro  
Gluten (wheat protein)  
Hard wheat  
Kamut/Khorasan



Red wheat

Red spring wheat

Seitan (made from wheat protein, gluten)

Semolina

Soft Wheat

Spelt

Sprouted Wheat

Triticale (a wheat/rye hybrid)

Wheat berries

Wheat bran

Wheat flakes

Wheat germ

Whole-grain wheat

Winter wheat

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