

From Linda Prinsters':101 Worry-Free HCG Diet Recipes Plus Hints and Tips From Experts

General rule: end in "ose" or "rtin"

Common and Not-so-common names for sugar:

Barbados Sugar
Barley Malt
Beet Sugar
Buttered syrup
Cane-juice crystals
Cane Sugar
Caramel
Carob Syrup
Corn Syrup
Corn Syrup solids
Date Sugar
Demerara Sugar
Dextran
Dextrose
Diatase
Diastatic Malt
Ethyl maltol
Fructose
Fruit juice
Fruit juice concentrate
Gatactose
Glucose
Glucose Solids
Golden Sugar
Golden Syrup
Grape Sugar
High-Fructose corn syrup
Honey
Invert Sugar
Lactose
Malt
Malt Syrup
Maltodextrin
Maltose
Molasses
Muscovado
Panocha
Refiner's syrup
Rice Syrup

Sorbitol
Sorghum syrup
Sucrose
Sugar
Treacle
Turbinado sugar
Yellow Sugar