

Wave To The New You

Holistic Weight Loss Program



Handy Reference Guide to Names of Sugar and Sugar Alcohols

Processed Foods will most likely have Sugars added. Unfortunately, they can go by any number of names. While this is an extensive list, it is by no means complete. Please use this handy guide as a reference. If you are unsure if a product has sugar in it or not, during this program, it is best to err on the side of safety and avoid it. The more naturally you can eat your foods, the better success you will have with creating a permanent weight loss solution.

1. Agave Syrup
2. Amasake
3. Any name ending in "ose" or "ol" or "syrup"
4. Barbados Sugar
5. Barley Malt
6. Blackstrap Molasses
7. Black Sugar
8. Brown Sugar
9. Cane Juice or Cane Juice Crystals
10. Cane Sugar
11. Caramel or Caramel Coloring
12. Castor Sugar
13. Confectioner's Sugar
14. Corn Sweetener
15. Corn Syrup - a manufactured syrup of corn starch, containing varying proportions of glucose, maltose, and dextrose
16. Corn Syrup Solids
17. Crystallized Cane Juice
18. D-mannose
19. Date Sugar
20. Demerara
21. Demerara Sugar
22. Dehydrated Cane Juice or Dehydrated Cane Juice Crystals
23. Dextran
24. Dextrin
25. Dextrine
26. Dextrose (glucose) - a simple sugar made of only one molecule
27. Erythritol
28. Evaporated Cane Juice
29. Evaporated Cane Juice Sugar
30. Florida crystals (a trademarked name)
31. White or Brown Sugars
32. Fructose - a simple sugar refined from fruit
33. Fruit Juice Concentrate
34. Galactose or Galactose
35. Glucose or Glucose Syrup
36. Golden Syrup
37. Grape Sugar
38. Grape Juice or Grape Sweetener
39. High Fructose Corn Syrup (HFCS)
40. Honey
41. Hydrolysed or Hydrolyzed Starch
42. Hydrogenated Glucose Syrup
43. Hydrogenated Starch Hydrolysates (HSH)
44. Invert Sugar
45. Isomalt
46. Levulose
47. Lactitol or Lactital
48. Lactose - a simple sugar from milk
49. Malt
50. Malt Extract
51. Malt Syrup
52. Maltodextrin
53. Maltose
54. Malitol
55. Maple Syrup
56. Molasses
57. Monosaccharide
58. Muscovado
59. Organic Dehydrated Cane Juice
60. Organic Brown Sugar
61. Panocha
62. Polysaccharide
63. Powdered Sugar
64. Raw Cane Crystals
65. Raw Honey
66. Raw Sugar

67. Refiner's Syrup
68. Ribose
69. Rice Extract
70. Rice Malt
71. Rice Syrup
72. Saccharide
73. Saccharose
74. Sorghum
75. Sorghum Syrup
76. Sorbitol
77. Splenda
78. Sucanat
79. Succanat
80. Sucralose
81. Sugar
82. Sweetener
83. Syrup
84. Table Sugar
85. Treacle
86. Turbinado
87. Turbinado Sugar
88. Truvia
89. Unbleached Crystallized Evaporated Cane Juice
90. Unbleached Evaporated Sugar Cane Juice
- Crystals
91. Unbleached Sugar Cane
92. Unrefined Cane Juice Crystals
93. Washed Cane Juice Crystals
94. White Grape Juice Yellow Sugar
95. Xylitol



NOTE: The sweeteners in Red are the ones that I have used with success in all Phases. Stevia is the most natural and the healthiest but it doesn't work for everything.