
Common names for sugar:

- Barley malt
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane-juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Corn syrup
- Corn syrup solids
- Date sugar
- Dextran
- Dextrose
- Diastase
- Diastatic malt
- Ethyl maltol
- Fructose
- Fruit juice
- Fruit juice concentrate
- Grape sugar
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Mannitol
- Molasses
- Raw sugar
- Refiner's syrup
- Sorbitol
- Sorghum syrup
- Sucrose
- Sugar
- Turbinado sugar
- Xylitol
- Yellow sugar

Notes:

Steps for reducing sugar and retraining your palette:

1. Avoid artificial sweeteners
2. Substitute natural sugars for refined sugar such as:
 - Agave nectar
 - Barley malt
 - Brown rice syrup
 - Date sugar
 - Raw honey
 - Sorghum
3. Consider your cravings
4. Eat whole grains such as:
 - Rice
 - Buckwheat
 - Quinoa

Notes:
