

Sugars & Sweeteners

PLEASE USE THIS TABLE WITH CAUTION: The information for each Sugar noted in the Description column was derived from various sources, including information found on the internet. The conclusion found in the Tolerance column should not be taken to action without first checking with your Doctor, a Registered Dietician, or Licensed Nutritionist.

Sugar	Description	HFI Tolerance
Agave Syrup	From the blue agave cactus. Commonly used in Tex-Mex foods, tequila, margaritas, soft drinks. High in fructose.	Not Tolerated
Aspartame	Sugar substitute known as Equal, NutraSweet, NutraTase. FDA approved. Scientifically studied in depth. Some may be sensitive to headaches. Derived from amino acids.	Tolerated
Acesulfame-K	Sugar substitute known as Sunette, SwissSweet, Sweet-One. Was approved by FDA, but Center for Science in the Public Interest (CSPI) recently questioned safety. Possible carcinogenic.	Tolerated (Questionable safety)
Baker's Sugar	Another name for Bar Sugar, Berry Sugar, Castor/Caster sugar, Ultrafine, Superfine. Sucrose, Finest of all granulated sugar.	Not Tolerated
Bar Sugar	Another name for Baker's Sugar, Berry Sugar, Castor/Caster sugar, Ultrafine, Superfine. Sucrose, Finest of all granulated sugar.	Not Tolerated
Barbados Sugar	British specialty brown sugar with strong molasses flavor.	Not Tolerated
Barley Malt Syrup	From sprouted grains of barley, kiln dried and cooked with water.	Tolerated
Beet Sugar	Sucrose. Same structure as cane sugar, but may produce different product results because of .05 differences in minerals and proteins. More common in Europe than the U.S.	Not Tolerated
Berry Sugar	Another name for Baker's Sugar, Bar Sugar, Castor/Caster sugar, Ultrafine, Superfine. Sucrose. Finest of all granulated sugar.	Not Tolerated
Birch Sugar	Sugar alcohol: Xylitol. Trade name; The Ultimate Sweetener. Derived from xylose.	Tolerated depending on purity
Brown Rice Syrup	Made from brown rice. High protein content. Likely contains sucrose.	Not Tolerated
Brown Sugar	Sucrose coated with molasses. →	Not Tolerated
Cane Sugar	Sucrose. Table sugar.	Not Tolerated
Castor/Caster Sugar	Another name for Baker's Sugar, Bar Sugar, Berry Sugar, Superfine, Ultrafine. Sucrose. Finest of all granulated sugar.	Not Tolerated
Carob Powder	75% sucrose, plus glucose and fructose. Extract of the carob tree.	Not Tolerated
Chicory	Contains inulin. Used to make fructose syrup.	Not Tolerated
Chinese Rock Sugar	Combination of honey and sugars.	Not Tolerated
Corn Starch	Derived from corn. Composed of straight or branched chains of glucose.	Tolerated
Corn Sugar	Produced from corn starch. Contains glucose and maltose molecules.	Tolerated
Corn Syrup	Glucose and water. Usually produced from cornstarch. The problem is that in making the syrup, it may have either maltose and/or fructose added.	Not Tolerated
Corn Syrup Solids	Dried glucose syrup.	Caution, needs further clarification
Confectioners Sugar	Sucrose. A chemical combination of glucose and fructose.	Not Tolerated
Date Sugar	Made from dried, pulverized dates. Likely contains sucrose.	Not Tolerated
Demerara	Sucrose. Another name for raw sugar. A chemical combination of glucose and fructose.	Not Tolerated
Dextrin	Glucose molecules linked together in chains. Does not break down to pure dextrose.	Tolerated
Dextrose	Single glucose molecule. Simple sugar.	Tolerated
Dextroglucose	Single glucose molecule. Simple sugar.	Tolerated
Dextrose Monohydrate	Pure dextrose.	Tolerated
D-Allose	Simple sugar. Not commonly found in diet. Made of 6 carbons.	Tolerated
D-Altrose	Simple sugar. Not commonly found in diet. Made of 6 carbons.	Tolerated
D-Arabinose	Simple sugar. Not commonly found in diet. Made of 5 carbons.	Tolerated
D-Erythrose	Simple sugar. Not commonly found in diet. Made of 4 carbons.	Tolerated
D-Erythrulose	Simple sugar. Not commonly found in diet. Made of 4 carbons.	Tolerated →
D-Galactose	Simple sugar. Not commonly found in diet as free galactose. Made of 6 carbons. → Part of lactose.	Tolerated →
D-Gulose	Simple sugar. Not commonly found in diet. Made of 6 carbons.	Tolerated
D-Idose	Simple sugar. Not commonly found in diet. Made of 6 carbons.	Tolerated
D-Lyxose	Simple sugar. Not commonly found in diet. Made of 5 carbons.	Tolerated
D- Psicose	Sweetener. → May cause diarrhea. Chemically related to fructose. Made of 6 carbons.	Tolerated depending on purity
D-Ribose	Simple sugar. Not commonly found in diet. Made of 5 carbons.	Tolerated
D-Ribulose	Simple sugar. Not commonly found in diet. Made of 5 carbons.	Tolerated
D-Sorbose	Sweetener. May cause diarrhea. Chemically related to fructose. Made of 6 carbons.	Tolerated depending on purity
D-Tagatose	Sweetener. → May cause diarrhea. Chemically related to fructose. Made of 6 carbons.	Tolerated depending on purity
D-Talose	Simple sugar. Not commonly found in diet. Made of 6 carbons.	Tolerated
D-Threose	Simple sugar. Not commonly found in diet. Made of 4 carbons.	Tolerated
D-Xylose	Simple sugar. Not commonly found. Made of 5 carbons.	Tolerated
D-Xyulose	Simple sugar. Not commonly found in diet. Made of 5 carbons.	Tolerated
Dulcitol	Naturally occurring sugar alcohol.	Not Tolerated
Erythritol	Sugar alcohol. Related to erythrose.	Tolerated depending on purity
Evaporated Cane Sugar	Sucrose. Another name for sugar cane juice.	Not Tolerated
Fructose	Simple sugar of fructose molecules. Sometimes called fruit sugar. Made of 6 carbons.	Not Tolerated
Fruit Juice Sweetener	Derived from grapes, apples or pears, heated to reduce water leaving a sweeter more concentrated juice. Almost pure fructose.	Not Tolerated
Gemsugar	Colored sugar made from Thai sugarcane infused with herbs.	Not Tolerated
Glucose	Simple sugar. The chemical sugar structure of blood sugar. Made of 6 carbons.	Tolerated
Glucose Polymers	Chains of glucose molecules.	Tolerated
Glucose Syrups	Produced from starch, corn syrup, corn-syrup solids, starch syrup, and sugar cane syrup. Another name for glucose.	

		Caution, needs further clarification
Grape Syrup	Pure fructose.	Not Tolerated
Granulated sugar	Table sugar. Sucrose. →Y	Not Tolerated
Gur	Another name for Jaggery. 35% sucrose, 15% reducing sugar (mixture of glucose plus fructose). Used in Thai cooking. Made from palm dates or sugar cane juice. Contains molasses.	Not Tolerated
High Fructose Corn Syrup	Enzymetically converted from corn syrup to contain 42% - 90% fructose. Raises triglyceride levels and increases risk of heart disease.	Not Tolerated
High Fructose glucose	Contains fructose.	Not Tolerated
Honey →Y	Natural syrup containing about 35% glucose, 40% fructose, 25 % water	Not Tolerated
Hydrogenated Starch	Sugar alcohol of glucose.	Tolerated depending on purity
Invert Sugar	Created by combining sugar syrup with cream of tartar or lemon juice and heating, breaking sucrose down to components glucose and fructose.	Not Tolerated
Isoglucose	Another name for High Fructose Corn Syrup (HFCS).	Not Tolerated
Isomaltose	Linked glucose molecules that rapidly break down to glucose in the intestine.	Tolerated
Jaggery	Made from either evaporating fresh juice of several kinds of palm trees, or sugar cane juice. 35% sucrose, 15% reducing sugar (mixture of glucose plus fructose). Contains molasses.	Not Tolerated
Lactitol	Sugar alcohol form of lactose.	Tolerated depending on purity
Lactose	Milk sugar, making up 4.5% of cow's milk. Restricted in lactose intolerant.	Tolerated
Levulose	Contains fructose.	Not Tolerated
Litesse	Polydextrose. Nondigestible polysaccharide. Reduced calorie sugar substitute containing sorbitol and glucose.	Not Tolerated
Maltitol	Sugar alcohol form of maltose (glucose).	Tolerated depending on purity
Maltose	Linked glucose molecules that rapidly break down to glucose in the intestine. →Y	Tolerated
Maltodextrin	Dextrose. Processed from natural cornstarch.	Tolerated
Mannitol	Sugar alcohol form of mannose.	Tolerated depending on purity
Mannose	Simple sugar. Not commonly found.	Tolerated
Maple Syrup	Mostly sucrose. Contains some invert sugar.	Not Tolerated
Maple Sugar	Mostly sucrose. Contains some invert sugar.	Not Tolerated
Moducal	Glucose chains. A medical food. Consult physician before use. →Y	Tolerated
Molasses	By-product of sugar cane with 24% water. Fructose level varies. Three kinds. Light (sweetest), Medium (darker and less sweet), Blackstrap (very dark, slightly sweet with distinctive flavor. Good source of calcium and iron)	Not Tolerated
Molasses Sugar	Dark muscovado sugar with extra molasses.	Not Tolerated
Muscovado Sugar	Another name for Barbados sugar, a British specialty brown sugar with strong molasses flavor.	Not Tolerated
Neotame	Sugar substitute. Synthetic aspartame.	Tolerated
Palm Sugar	Used in Thai cooking. Likely contains sucrose.	Not Tolerated
Panella	35% sucrose, 15% reducing sugar (mixture of glucose plus fructose.) Contains molasses.	Not Tolerated
Polincillo →Y	Mexican brown sugar. Semi refined and granulated. No molasses added	Not Tolerated
Polycose	Chains of dextrose. Added to foods to increase calories.	Tolerated
Polydextrin	Chains of glucose molecules. Does not break down to pure dextrose.	Tolerated
Polydextrose	Polydextrose is a multi-purpose additive synthesized from dextrose (glucose), plus about 10 percent sorbitol and 1 percent citric acid. It is commonly used as a replacement for sugar, starch, and fat in commercial cakes, candies, dessert mixes, gelatins, frozen desserts, puddings, and salad dressings. →Y Sorbitol is a sugar alcohol that is related to fructose.	Not Tolerated
Raffinose	A trisaccharide found in grains, legumes and some vegetables. Gas forming.	Tolerance Varies
Rapadura	35% sucrose, 15% reducing sugar (glucose plus fructose). Contains molasses.	Not Tolerated
Raw Sugar	Sucrose. Equal parts glucose and fructose, a chemical combination of glucose and fructose.	Not Tolerated
Reducing Sugar	Referred to as invert sugar (mixture of glucose and fructose).	Not Tolerated
Rock Sugar	Crystallized cane sugar. Sucrose, a chemical combination of glucose and fructose.	Not Tolerated
Saccharin	Sugar substitute. Not as commonly used as in the past. Known as Sweet N' Low, Sugar Twin, Sucryl, Featherweight. FDA approved. More than 6 servings per day may increase bladder cancer risk. (No longer approved for use in Canada)	Tolerated
Saccharose	Sucrose. Equal parts glucose and fructose.	Not Tolerated
Sorbitol	Sugar alcohol. Common in fruits, particularly skin of ripe berries, cherries and plums. Used in sugar free foods. Causes diarrhea. Converted back to fructose.	Not Tolerated
Splenda	A sugar substitute. This is a chemically modified sucrose molecule that cannot be digested.	Tolerated depending on purity
Stevia	Natural sweetener from a South American plant. 30 % sweeter than sugar. Used extensively in Japan, China, Korea, Israel, Brazil and Paraguay with no side effects reported. Known as Stevioside. Has not been rigorously tested for safety. No consistent manufacturing regulations. →Y	Not Tolerated
Sucanat	Sucrose. Another name for raw sugar. Equal parts glucose and fructose. However, read the labels. Some now listed as Sucanat are cane sugar plus blackstrap molasses.	Not Tolerated
Sucralose	Chemical name for Splenda, a sugar substitute. Large molecule not digested.	Tolerated depending on purity
Sucrose	Naturally occurring sugar made from sugar cane or sugar beets. Commonly referred to as sugar and table sugar. Chemical combination of glucose and fructose.	Not Tolerated
Sucrose Syrups	Also known as Refiner's syrup. By product of sugar refining. 15 →E→ 18% water, 1 part sucrose to two parts invert sugar.	Not Tolerated
Sugar	Common name for sucrose, a chemical combination of glucose and fructose.	Not Tolerated
Sugar Alcohol	May be naturally or synthetically occurring. Causes diarrhea. This is a reduced form of sugar that may be metabolized back to fructose or other sugars depending on the type.	Not Tolerated
Trimoline	Produced from beets. Up to 22 % invert sugar. 28 % sweeter than granulated sugar	Not Tolerated
Turbinado	Another name for raw sugar. Sucrose, a chemical combination of glucose and fructose.	Not Tolerated
Vanilla sugar	Sucrose. Made by burying vanilla beans in cane sugar for weeks. A chemical combination of glucose and fructose.	Not Tolerated
Wasanbon	Grown on an island in the area of Japan from a special variety of sugar cane. A pale beige powder of very pure sugar. Not good for cooking. Melts immediately on the tongue. Very scarce and very expensive.	Not Tolerated
Xylitol	Sugar alcohol. Obtained from fruits and berries. Also from birch trees and known as birch sugar. Causes diarrhea.	

		Tolerated depending on purity
Xylose	Simple sugar. Not commonly found. → Made of 5 carbons.	Tolerated
Xyulose	Simple sugar. Not commonly found. → Made of 5 carbons.	Tolerated