

# Types of Sugar

- barbados sugar-brown cane
- barley sugar-barley water with added sugar
- beet sugar-white crystalline from beets
- brown sugar-sugar with added molasses
- cane sugar-white crystalline obtained from sugarcane
- caramel-heated sugar
- castor sugar-fine granulated white sugar
- corn sugar-glucose obtained from corn
- crystal sugar-normal
- granulated cane or beet sugar
- dextrose-english for glucose
- fructose-sweet sugar mainly found in fruits and honey
- galactose-sugar not normally found in foods, except as part of other sugars such as lactose and raffinose
- gelatin sugar-mix of granulated sugar and pectin
- glucose-sugar found in plants and blood
- granulated sugar-normal 'table sugar'
- grape sugar-synonym of glucose
- gula djawa-made from cane or palm sugars
- gur-partially refined sugar from India
- high fructose corn syrup-syrup obtained from corn starch
- honey-80% solution of sugars in water (common used sugars are fructose, glucose, saccharose)
- icing sugar-powdered sugar
- invert sugar-sugar created by heating syrup with an acid such as lemon juice or cream of tartar
- jaggery-made from cane or palm sugar from India then refined
- lactose- milk sugar, galactose and glucose

- levulose-  
synonym of  
fructose
- maltose-sugar in  
malt and beer
- maple syrup-  
70% saccharose  
and glucose in  
water.
- melis-fine type  
of Scandinavian  
table sugar
- molasses-brown  
by-products of  
the sugar  
production,  
mainly consists  
of caramels and  
minerals
- muscovado  
sugar-dark  
brown sugar
- oligosaccharides  
-present in  
plants(bears,  
onions, garlic) or  
milk. Used as a  
pre-biotic
- palm sugar-  
sugar from date  
palms
- panela,  
panocha,  
piloncillo-  
partially refined  
Mexican cane  
sugar
- powdered  
sugar-  
powdered  
granulated  
sugar,  
confectioner's  
sugar
- rock sugar-  
comes in the  
form of white or  
amber coloured  
crystals. Made  
from slow  
crystallisation  
from saturated  
sugar solutions
- saccharose-  
chemical name  
of the main type  
of sugar and  
commonly used  
at home
- sanding,  
decorating,  
pearl sugar-  
coarse sugar
- spun sugar
- superfine sugar
- sweeteners
- syrup
- table sugar
- vanilla sugar