

Types of Sweeteners and Sugar

Sugar produced from sugar beet or sugar cane is identical. The process of extracting and purifying sugars from sugar cane and sugar beet however allows for the production of a large variety of sugars. Sugars may differ in colour, flavour, sweetness and crystal size. Each of these characteristics allows sugar to perform a variety of functions in food products, in addition to providing a sweet taste.

Granulated sugar - This type of sugar (pure sucrose) is naturally white. No bleaching agent is added at any time during the refining process. This is the most common form of sugar used in households and commercial food products. It is available in a number of different crystal sizes.

Icing sugar - It is powdered granulated sugar, with a touch of cornstarch (gluten-free) added to prevent caking that would otherwise occur when icing's very fine particles absorb moisture from the air.

Brown sugars - Often referred to as 'soft sugars', brown sugars are produced by crystallizing the golden coloured syrup or by mixing molasses syrups with pure white sugar crystals.

Liquid sugar - Includes liquid sugar and liquid invert sugar, which are predominantly produced in industrial quantities for use by food manufacturers.

Specialty sugars - Includes Demerara-style, 'Plantation Raw', Organic, and Golden Syrup.

An extended list of some of the types of sugar are listed below.

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Acesulfame potassium (Sunett, Sweet One)
Erythritol
Stevia extracts (Pure Via, Truvia)
Agave nectar
Aspartame (Equal, NutraSweet)
Hydrogenated starch hydrolysate
Tagatose (Naturlose)
Date sugar
Neotame
Isomalt
Trehalose
Fruit juice concentrate
Saccharin (SugarTwin, Sweet'N Low)
Lactitol
Honey
Sucralose (Splenda)
Maltitol
Maple syrup
Mannitol
Molasses
Sorbitol
Xylitol
Advantame

- Brown Sugar
- Burnt Sugar
- Caramelized Sugar
- Caster (Castor) Sugar
- Coarse Sugar
- Confectioner's Sugar
- Demerara-style Sugar
- Evaporated Cane Sugar
- Fondant Sugar
- Fruit Sugar
- Golden Syrup
- Golden Yellow Sugar
- Granulated Sugar
- Icing Sugar
- Liquid Invert Sugar
- Liquid Sugar
- Molasses
- Muscovado Sugar
- Organic Sugar
- Pearl Sugar
- Plantation 'Raw' Sugar
- Powdered Sugar
- Raw Sugar
- Refined Sugar syrup
- Refiner's Syrup
- Sanding Sugar
- Soft Sugar
- Sugar
- Superfine Sugar
- Table Sugar
- Turbinado-style Sugar
- White Sugar

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/artificial-sweeteners/art-20046936>

<http://www.sugar.ca/Nutrition-Information-Service/Consumers/About-Sugar/Types-of-Sugar.aspx>