

Alternative Food Names

Names for Fat	Names for Sugar	Names for Salt
Beef fat	Brown/raw sugar	Celery salt
Butter	Corn syrup	Chicken salt
Coconut oil	Cane sugar	Garlic salt
Cocoa butter	Dextrose	MSG
Copha	Disaccharides	Rock salt
Diglycerides	Fructose	Sea salt
Dripping	Glucose	Sodium (any type)
Hydrogenated	Golden syrup	Table salt
vegetable oil	Honey	Vegetable salt
Lard	Invert sugar	
Milk solids	Lactose	
Monoglycerides	Malt	
Oven baked	Malt extract	
Palm oil	Maltose	
Shortening	Molasses	
Tallow	Sorbitol	
Toasted	Sucrose	
Vegetable oil		