

Healthy Sweetener Guide

This chart helps you choose low-glycemic, natural sweeteners and avoid high-glycemic or artificial ingredients that can spike blood sugar or harm long-term health.

■ Do — Choose These Healthier Options	■ Don't — Avoid These Harmful or High-Glycemic Ingredients
Monk Fruit (Luo Han Guo)	Sugar (Sucrose, Cane Sugar, Brown Sugar)
Stevia	High-Fructose Corn Syrup (HFCS)
Allulose	Corn Syrup
Yacon Syrup	Maltose
Raw Honey (in small amounts)	Glucose / Dextrose
Coconut Sugar (moderation)	Agave Syrup (high fructose)
Date Sugar (limited use)	Fructose (added)
Erythritol-Free Blends (Stevia + Monk Fruit)	Enriched Flour / White Flour
Pure Maple Syrup (sparingly)	Aspartame (Equal, NutraSweet)
Chicory Root (Inulin)	Sucralose (Splenda)
Xylitol (if tolerated)	Saccharin (Sweet'N Low)
Tagatose	Erythritol (in excess)
Blackstrap Molasses (small amounts)	Artificial Sweeteners (general)
Natural Whole Fruits (berries, apples, citrus)	Refined Carbohydrates (white bread, white rice)
Lucuma Powder	Maltodextrin