

SUGAR

AND ALTERNATIVES

SHOPPING GUIDE

WHAT TO BUY



Stevia – zero impact on blood sugar levels (pure stevia only, avoid blended variety)

Raw honey – boosts immune system

Dates – great in green smoothies to sweeten

Coconut sugar - low effects on blood sugar levels

Maple syrup - grade B is most nutrient dense

Molasses - the flavor of brown sugar - nutrient dense

WHAT TO AVOID



Aspartame

Acesulfame

Advantame

High Fructose Corn Syrup

Mannitol

Neotame

Saccharine

Sucralose

Sorbitol