Sugars and Sweeteners

Choose These Sweeteners

- Chicory (Root)
- Erythritol
- Inulin
- Monk fruit
- Stevia
- Xylitol
- Raw Cacao (Powder and nibs)

Use These Sparingly

- Blackstrap molasses
- Coconut sugar
- Coconut palm sugar
- Local organic raw honey
- Mannitol
- Raw brown sugar (nonprocessed)
- Sorbitol

Avoid These Sugars & Sweeteners

All Sugars:

- Beet sugar
- Confectioners sugar
- Processed Brown Sugar
- Date Sugar
- Coconut Nectar
- Evaporated Cane Juice

Artificial Sweeteners:

- Aspartame
- Acesulfame-K
- Equal
- Nutra-Sweet
- Saccharin
- Splenda
- Sucralose
- Sweetleaf
- Sweet-n-low
- Truvia

All Syrups:

- Maple syrup,
- Rice syrup
- Chocolate syrup
- Malt Syrup
- Rice Malt (Extract)
- High corn fructose syrup
- Corn syrup

Others to Avoid:

- Agave
- Caramel sauce
- Candy
- Cyclamates
- Crystalline fructose
- Honey (processed)
- Fruit Juice Concentrate
- Licorice
- Molasses
- Neotame
- Milk chocolate
- Maltodextrin
- Marshmallows