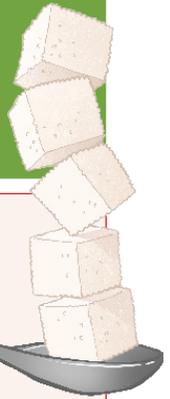


from the book **PRACTICAL PALEO**
guide to: sweeteners

How many of these sweeteners do you use or find in your favorite packaged foods? Perhaps it's time for a change! Artificial sweeteners are never recommended, while the limited use of selected, more naturally derived options can be okay for treats and special occasions. Sweeteners should not be considered "food" or nourishment.



natural USE SPARINGLY

PREFERRED CHOICES ARE IN BOLD. USE ORGANIC FORMS WHENEVER POSSIBLE

- Brown sugar
- **Dates (whole)**
- Date sugar
- Date syrup
- Cane sugar
- Raw sugar
- Turbinado
- Cane juice
- Cane juice crystals
- Coconut nectar
- Coconut sugar/crystals
- **Fruit juice (real, fresh)**
- **Fruit juice concentrate**
- **Honey (raw)**
- **Maple syrup (grade b)**
- **Molasses**
- Palm sugar
- **Stevia (green leaf or extract)**

natural BUT NOT RECOMMENDED

- Agave
- Agave nectar
- Barley malt
- Beet sugar
- Brown rice syrup
- Buttered syrup
- Caramel
- Carob syrup
- Corn syrup
- Corn syrup solids
- Demerara sugar
- Dextran
- Dextrose
- Diastatic malt
- Diastase
- Ethyl maltol
- Fructose
- Glucose / glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- High fructose corn syrup
- Invert sugar
- Lactose
- Levulose
- Light brown sugar
- Maltitol
- Malt syrup
- Maltodextrin
- Maltose
- Mannitol
- Muscovado
- Refiner's syrup
- Sorbitol
- Sorghum syrup
- Sucrose
- Treacle
- Yellow sugar
- Xylitol (or other sugar alcohols, typically they end in "-ose")

artificial NEVER CONSUME

- Acesulfame K (Sweet One)
- Aspartame (Equal, Nutra-Sweet)
- Saccharin (Sweet'N Low)
- Stevia: white/bleached (Truvia, Sun Crystals)
- Sucralose (Splenda)
- Tagatose



sugar is sugar BUT NOT REALLY

IT DOES MAKE A DIFFERENCE WHICH SWEETENERS YOU SELECT, CONTRARY TO POPULAR BELIEF AND THE MAINSTREAM MEDIA. WHILE ALL CALORIC SWEETENERS HAVE THE SAME NUMBER OF CALORIES (16 PER TEASPOON), EVALUATING THEIR PLACE IN YOUR DIET MAY BE DONE BY CONSIDERING A FEW FACTORS.

HOW IT'S MADE

The more highly refined a sweetener is, the worse it is for your body. For example, high fructose corn syrup (HFCS) and artificial sweeteners are all very modern, factory-made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary. As a result, I vote for raw, organic, local honey as the ideal natural sweetener.

WHERE IT'S USED

This is a reality check. When you read the ingredients in packaged, processed foods, it becomes obvious how most of them use highly-refined, low-quality sweeteners. Food manufacturers often even hide sugar in foods that you didn't think were sweets! Many foods that have been made low or non-fat have added sweeteners or artificial sweeteners—avoid these products!

HOW YOUR BODY PROCESSES IT

Here's where the HFCS commercials really get things wrong: your body actually does not metabolize all sugar the same way.

Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time since the high fructose content of both requires processing by the liver before the sugar hits your blood stream. This yielded a seemingly favorable result on blood sugar levels after consuming said sweeteners. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to our health.

Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole foods for the win!