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SWEETENERS

Many of us are so attached to **sweetness** that it is almost like an addiction. While sugar can improve the overall flavor of our food, heaping it on is usually unnecessary and it can be deadly. For people who want more sweetness there are ways to reach the goal without adding toxic chemicals or processed sugar.

Sweeteners to Use - Sparingly

- Black Strap Molasses (choose organic & unsulfured)
- Coconut Sugar
- Date Sugar or Dates
- Fruit Juice
- Honey (preferably raw & local)
- Licorice Root (small amounts)
- Pure Maple Syrup (choose Grade B)
- Rice Syrup
- Stevia *
- Sugar Alcohols (xylitol, sorbitol)**

Sweeteners to Avoid

- Acesulfame-K
- Agave Nectar
- Aspartame (NutraSweet, Equal)
- Cyclamates
- Evaporated Cane Juice
- High Fructose Corn Syrup
- High Fructose Sweeteners
- Refined Sugar
- Saccharin
- Sucralose (Splenda)

* Safe for Diabetics

** Use in small amounts & avoid if you have GI issues because they can cause irritation and diarrhea.

Read the labels! Artificial sweeteners may be found in: soft drinks, over-the-counter drugs & prescription drugs (common and listed under "inactive ingredients"), vitamin & herb supplements, yogurt, instant breakfasts, candy, breath mints, cereals, sugar-free chewing gum, cocoa mixes, coffee beverages, instant breakfasts, gelatin desserts, frozen desserts, juice beverages, laxatives, milk drinks, shake mixes, tabletop sweeteners, tea beverages, instant teas and coffees, topping mixes, wine coolers, etc.

Processed white sugar is readily available and inexpensive. The more you use it the more you seem to want it. I don't recommend that people use white sugar.

The BEST solution is to NOT add sweeteners. If you MUST, choose from the items in the **Sweeteners to Use** list at the top.