Sugar Substitutes

Why Sugar Substitutes?

* Lower glycemic index than sugar
* Doesn’t cause energy levels to drop
* Doesn’t spike insulin levels
* Sugar contributes to hormone imbalances
* Sugar contributes to diabetes & hypoglycemia
* Sugar suppresses the immune system
* Sugar is linked to headaches and heart disease

Raw Honey

* Helps body adapt to local pollen
* Contains antioxidants
* Contains amino acids
* An actual food

Stevia

* No calorie, natural sweetener
* Use green, full leaf stevia
* Avoid processed stevia such as truvia

Dates

* High in fiber and potassium
* Highest nutritional value of sugar substitutes

Coconut Sugar

* Derived from coconut juice
* Can replace cup for cup in recipes
* Nutrient rich

Pure Maple Syrup

* High in antioxidants
* Supports lower inflammation levels
* Helps resist chronic conditions

Monk Fruit

* High in antioxidants
* Supports lower inflammation levels
* No calories or effect on blood sugar
* No after taste
* Best used in cold applications, not baking

Xylitol

* Sugar alcohol
* Low carb, keto friendly
* Improves dental health
* Can be hard to digest

Erythritol

* Sugar alcohol
* No calories
* Can be hard to digest

THM- Super Sweet

* Combination of stevia and erythritol
* No calories
* No impact on blood sugar
* Sweeter than Gentle Sweet
* See cookbook for baking tips

THM- Gentle Sweet

* Combination of stevia, erythritol and xylitol
* No impact on blood sugar
* See cookbook for baking tips

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*Changing your diet and lifestyle is a great place to start. Make an appointment with Becky Dotterer,* ***Certified Natural Health Coach*** *to dig deeper and get to the root of your weight, pain or health issues!*