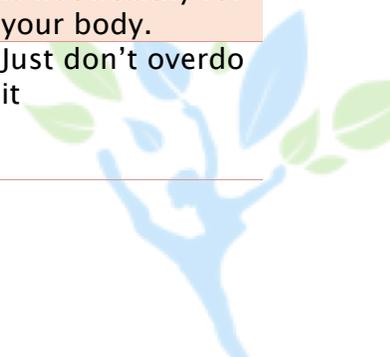


## How to Indulge Your Sweet Tooth – High–Quality–Style!

### *Alternative Sweetener Cheat Sheet*

Sweetener	Sweetness level	HQ form to buy	Benefits	Things to consider
<b>Stevia</b>	About 300 times sweeter than table sugar	The actual stevia plant or check the label to verify it is from 100% whole leaf stevia. Look for RebA.	Non-caloric, no impact on blood sugar, and may reduce blood pressure	Many people dislike the aftertaste, many companies sell highly processed forms of stevia combined with other sugars
<b>Xylitol</b>	About the same sweetness as table sugar	From a non-GMO plant source	Low caloric, not a significant impact on blood sugar, some studies show it can help reduce plaque buildup and harmful bacteria in the mouth	Potential minor digestive issues in some people, can be toxic to household pets, like dogs; is very processed
<b>Erythritol</b>	About 70% as sweet as table sugar	100% erythritol	Nearly non-caloric, tastes very similar to table sugar, does not spike blood sugar or insulin, easily digested	Potential minor digestive issues in some people
<b>Coconut Palm Sugar</b>	About the same sweetness as table sugar	Check the label for coconut crystals, coconut sugar or coconut palm sugar	Has a low glycemic index, contains some nutrients and fiber	Still contains a moderate amount of fructose which should be limited
<b>Agave</b>	1.5 times sweeter than table sugar	Organic agave	Lower glycemic index than regular table sugar	Agave contains a high percentage of fructose which is not healthy for your body.
<b>Honey</b>	Slightly sweeter than table sugar	Raw, local & organic	Can help boost immune system & seasonal allergies	Just don't overdo it





Sweetener	Sweetness level	HQ form to buy	Benefits	Things to consider
<b>Lucuma Powder</b>	Has a sweet, maple flavor	100% lucuma powder	Good source of fiber & nutrients, can help boost the immune system; does not impact blood sugar levels	Does not dissolve in beverages
<b>Maple Syrup</b>	About 3 times as sweet as table sugar	Organic pure grade B maple syrup	Lower fructose content than table sugar, contains some trace minerals	Don't overdo it; it's still sugar
<b>Monk Fruit (lo han gou)</b>	About 200–300 times sweeter than table sugar	Pure monk fruit or pure lo han gou sweetener	Non-caloric, no impact on blood sugar, may have anti-inflammatory benefits	Beware of certain processed brands that contain other sweeteners as well

