

Better Sweetener Choices

Your choice of sweetener can affect health, energy, and metabolism. Natural options like honey and maple syrup provide some nutrients but should be used in moderation. Low-calorie sweeteners like stevia and monk fruit avoid blood sugar spikes. Artificial sweeteners may impact digestion and cravings, while processed sugars offer no nutritional value and are best limited. Choosing minimally processed sweeteners supports balanced energy and well-being.

Natural Sweeteners	<ul style="list-style-type: none"> Raw honey Maple syrup Coconut sugar Date sugar Molasses Palm sugar Yacon syrup
Low-Calorie Natural Sweeteners	<ul style="list-style-type: none"> Stevia Monk fruit Allulose Erythritol (derived from fruits but often processed)
Artificial Sweeteners	<ul style="list-style-type: none"> Aspartame Sucralose Saccharin Acesulfame potassium (Ace-K) Neotame
Processed Sugars	<ul style="list-style-type: none"> White sugar Brown sugar High Fructose Corn Syrup Corn syrup solids Maltodextrin Dextrose Fructose Invert sugar