

Sugar and Sweetener: Sources to Use and Sources to Avoid

The best sources for sweetening your foods will always come from other whole foods.

Best sources of complex sugar in foods:

- Green leafy vegetables
- Rainbow colored vegetables
- Root vegetables and tubers
- Fruit
- Whole, non-gluten grains
- Legumes
- Nuts and seeds

Of course, if you need more sweetening, some sweeteners are better than others. These are the ones I recommend.

Sweeteners to use cautiously / in moderation – in order of best:

- Stevia: Green plant
 - fresh is best,
 - then green powder,
 - then sweet leaf concentrate
- Lohan: Chinese herb
- Erythritol: Sugar alcohol
- Chicory root inulin: **Maybe – test**
- Yacon: **Maybe – test**

Some foods/sweeteners are simple and have adverse effects in the body.

Foods / sweeteners to avoid:

- Table sugar (sucrose)
- Fructose
- Glucose syrup
- High-fructose corn syrup
- Maple syrup
- Agave nectar
- Coconut nectar
- Palm sugar
- Honey
- Refined grains