



## **Sugar and Sweetener: Sources to Use and Sources to Avoid**

The best sources for sweetening your foods will always come from other whole foods. Of course, if you need more sweetening, some sweeteners are better than others. Some foods/sweeteners are simple and have adverse effects in the body. These are the ones I recommend.

### **Best sources of complex sugar in foods:**

1. Green leafy vegetables
2. Rainbow colored vegetables
3. Root vegetables and tubers
4. Fruit
5. Whole, non-gluten grains
6. Legumes
7. Nuts and seeds

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

1. Stevia: Green plant
  - a. fresh is best
  - b. then green powder
  - c. then sweet leaf concentrate
2. Lohan: Chinese herb
3. Erythritol: Sugar alcohol
4. Chicory root inulin: Maybe – test
5. Yacon: Maybe – test

### **Foods / sweeteners to avoid:**

1. Table sugar (sucrose)
2. Fructose
3. Glucose syrup
4. High-fructose corn syrup
5. Maple syrup
6. Agave nectar
7. Coconut nectar
8. Palm sugar
9. Honey
10. Refined grains