



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