



**Hidden Sugars-** Labels do not distinguish between naturally occurring sugars found in whole foods and added sugars. Further they do not inform if the sugar is natural or chemical.

Look at the ingredient list on the label to avoid the ingredients below.

Sugar alcohols	Other hidden forms of sugar
<p>In the video, Susie mentioned I should avoid the following sugar alcohols</p> <hr/> <hr/> <hr/> <p>or anything that ends in</p> <p>---</p> <p>{These are laxatives and nourish the Streptococcus mutans bacteria which causes cavities.}</p> <p>*Note: these are often "hidden" in "sugar free" candy, chewing gum and "healthy" toothpastes.</p>	<p>sucrose, glucose, fructose, lactose, maltose</p> <p>barley, malt</p> <p>beet sugar, brown sugar, raw sugar</p> <p>cane juice crystals, cane sugar, dried cane juice</p> <p>caramel, caramel coloring</p> <p>corn syrup, corn syrup solids, high fructose corn syrup</p> <p>dextran, dextrose</p> <p>diastase, diastic malt</p> <p>ethyl maltol, maltodextrin</p> <p>fruit juice, fruit juice concentrate</p> <p>glucose solids</p> <p>golden sugar, grape sugar, invert sugar</p> <p>refiners syrup, sorghum syrup, malt syrup, golden syrup, carob syrup, buttered syrup, brown rice syrup</p> <p>hydrogenated hydrolysate</p> <p>agave nectar</p>

## Natural Sweeteners

### **Date Sugar**

Date sugar is not a sugar, but rather finely ground dates containing all of the fruit's nutrients and minerals. If you like the taste of dates, this will definitely appeal to you. Date sugar can be used as a direct replacement for sugar. While quite sweet, date sugar will not impart a sugary taste to dishes.

Date sugar will not dissolve in beverages and is best used for baking.

### **Maple Syrup**

Maple syrup adds a nice flavor to foods, but is probably not a good idea to replace all sweeteners in a recipe with maple syrup. Make sure you buy 100 % pure maple syrup, not maple-flavored corn syrup. Organic varieties are best.

### **Raw Honey**

Everyone seems to love honey, one of the oldest natural sweeteners on the market. Honey is sweeter than sugar, with different flavors depending on the plant source. Some honeys are very dark and intensely flavored. Raw honey contains small amounts of enzymes, minerals, and vitamins. When replacing sugar with honey in a recipe, reduce the amounts of other liquids.

### **Coconut or palm sugar**

From the palm tree. The freshly gathered coconut tree sap is oyster white in color, has a nearly neutral pH, and is already inherently sweet tasting by nature. Whereas, the sap from a maple tree (as well as the juice from an agave cactus) has very little readily available sweetness, and requires long heating times in order to produce the sweet syrup you purchase in the bottle. The nutrient-rich coconut sap comes right out of the tree naturally abundant in 17 Amino Acids (the building blocks of protein), broad-spectrum B Vitamins (especially rich in Inositol, known for its effectiveness on depression, high cholesterol, inflammation, and diabetes), Vitamin C, Minerals (high in Potassium, essential for electrolyte balance, regulating high blood pressure, and sugar metabolism), as well as FOS (a prebiotic that promotes digestive health).

## Natural Sweeteners

### Sucanat or Rapadura

Sucanat is a brand name for an organic evaporated cane-juice product that has been blended with organic molasses. Wholesome Foods, the makers of Sucanat, say that Sucanat is 88% sucrose, with the remaining sugars being fructose and dextrose. Sucanat looks like coarse brown beach sand and has a very mild, brown sugar-like taste. It can be used like white sugar. Sucanat retains more of the vitamins and minerals of the sugar cane.

### Blackstrap Molasses

Organic molasses is probably the most nutritious sweetener derived from sugar cane. Different types of molasses have different flavors, but most of them impart a very distinctive taste. Use less molasses than you would sugar.

### Stevia

Stevia is available in several forms, including powdered leaves and liquid concentrates. Refined white powder stevia concentrates can be up to 300 times sweeter than sugar. Powdered leaf and liquid concentrates have a licorice-like taste. The leaf will not dissolve in beverages, so it's best used in cooking. All forms of stevia mix exceptionally well with other sweeteners. But it can impart a bitter taste. If you're not familiar with using stevia, start with a little and taste as you go.

**Watch the video to get the answers to the following statements.**

**Chemical sweeteners** such as Equal and Splenda are harmful because they function in the body like

\_\_\_\_\_, causing the same \_\_\_\_\_.

**Sugar Addictions** are \_\_\_\_\_ and can also be \_\_\_\_\_.  
This is why it can be difficult to overcome them.

The **best form of sugar** to consume is \_\_\_\_\_.

**Susie's favorite** natural sweetener is \_\_\_\_\_.

Sugar needs to be in its \_\_\_\_\_ in order for the body to recognize it and digest it. Otherwise, the body pulls nutrients from the tissues, organs, and bones to complete the digestive process.