

# TABLE SUGAR VS COMMON SUGAR ALTERNATIVES

	BENEFICIAL NUTRIENTS	FRUCTOSE CONTENT	CALORIES PER TABLESPOON	GI INDEX (LOW BEST)*	DISADVANTAGES	ADVANTAGES
<u>WHITE TABLE SUGAR (SUCROSE)</u>	NONE	50%	42	65	HIGHLY PROCESSED  50% FRUCTOSE  EMPTY CALORIES & NO NUTRITIONAL VALUE	
<u>COCONUT SUGAR (FROM FLOWER NECTAR OF COCONUT PALMS)</u>  <u>(NOT PALM SUGAR FROM SAP OF PALM)</u>	MINERALS SUCH AS IRON, ZINC, CALCIUM & POTASSIUM.  POLYPHENOLS & ANTIOXIDANTS  INULIN FIBRE	35-40%	AROUND  42	35	CONTAINS FRUCTOSE	LOW GI  CAN REPLACE TABLE SUGAR EASILY IN BAKING 1:1
<u>RICE MALT SYRUP OR BROWN RICE SYRUP</u>	MINERALS LIKE MAGNESIUM, ZINC & MANGANESE	0	AVERAGES AROUND  60  BUT CAN BE BETWEEN 55-75	25	SUBTLE SWEETNESS SO MAY ADD MORE TO COMPENSATE  BROWN RICE MAY HAVE HIGH LEVELS OF ARSENIC - BEST TO CHOOSE ORGANIC	NO FRUCTOSE  VERY LOW GI
<u>REAL MAPLE SYRUP</u>	HIGH IN CALCIUM, POTASSIUM, IRON, ZINC & MANGANESE.  MANY ANTIOXIDANTS (POSSIBLY UP TO 24!!)	APPROX 33%  (IS 2/3 <sup>RDS</sup> SUCROSE)	52	54	CONTAINS FRUCTOSE	LOWISH GI.  AN EQUIVALENT AMOUNT TO TABLE SUGAR WILL CUT THE TOTAL SUGAR CONTENT BY 1/3 <sup>RD</sup>  USUALLY USE LESS BECAUSE OF INTENSE FLAVOUR
<u>HONEY</u>	TRACE VITAMINS AND MINERALS THAT MAY AID DIGESTION  ANTIOXIDANTS	APPROX 40%  (CAN VARY)	64	50  (CAN VARY)	HAS AN INTENSE FLAVOUR SO NOT SUITABLE FOR SOME USES  HIGH IN FRUCTOSE	CAN BE ANTI-MICROBIAL  CAN USE LESS BECAUSE OF THE INTENSE FLAVOUR  IS A REAL FOOD-RAW BEST?
<u>AGAVE NECTAR</u>	INULIN FIBRE	70%!	60	15	HIGHLY PROCESSED  VERY HIGH IN FRUCTOSE	LOW GI  MAY BE ANTI-MICROBIAL
<u>XYLITOL</u>	NO ADDED NUTRITION  SOLUBLE FIBRE	0	40% LESS THAN SUGAR	7	PROCESSED SUGAR ALCOHOL  GI ISSUES OR LAXATIVE EFFECT POSSIBLE	NO SPIKE IN BLOOD SUGARS & NO FRUCTOSE  DENTAL BENEFITS
<u>STEVIA</u>	NATURAL PLANT LEAF HAS SHOWN HEALTH BENEFITS  PROCESSED ?	0	0	0	HIGHLY PROCESSED IN POWDERED FORM  EXCESS MAY IMPACT HORMONES & HAVE BITTER AFTER TASTE	CAUSES NO SPIKE IN BLOOD SUGARS  100-300 X SWEETER THAN TABLE SUGAR

\* GI INDEX FIGURES FROM [WWW.SUGAR-AND-SWEETENER-GUIDE.COM](http://WWW.SUGAR-AND-SWEETENER-GUIDE.COM)