



# Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

## Sugar Alternatives

Alternative	Pros	Cons
Raw honey	<ul style="list-style-type: none"> <li>• Lower in free fructose and higher in trace minerals.</li> <li>• Has antimicrobial properties and contains enzymes.</li> </ul>	<ul style="list-style-type: none"> <li>• More calories than normal sugar.</li> </ul>
Maple syrup	<ul style="list-style-type: none"> <li>• Beneficial as a sweetener in baking and in fruit-based recipes. Don't forget to reduce other liquids by about a quarter.</li> <li>• High in minerals and nutrients.</li> </ul>	<ul style="list-style-type: none"> <li>• Best to buy organic and in glass. Conventional maple syrup may actually be coloured water or contain formaldehyde.</li> </ul>
Brown rice syrup	<ul style="list-style-type: none"> <li>• Made from boiling brown rice. The syrup is gluten and wheat free.</li> <li>• Suitable for baking or for drizzling over pancakes or porridge.</li> <li>• Butterscotch flavour.</li> </ul>	<ul style="list-style-type: none"> <li>• May contain high levels of arsenic depending on where rice was grown.</li> <li>• Not suitable for adding to coffee or tea.</li> <li>• Heavily processed.</li> </ul>
Dates	<ul style="list-style-type: none"> <li>• High in fibre and other nutrients and tryptophan.</li> <li>• If using whole, the Medjool dates are best.</li> <li>• To make date paste, blend or cook fresh dates with a little water over low heat or soak for several hours prior to blending.</li> </ul>	<ul style="list-style-type: none"> <li>• Buy organic and sulfite free.</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>• Comes in a range of strengths and flavours</li> <li>• Great for baking</li> </ul>	<ul style="list-style-type: none"> <li>• Not great in coffee and tea.</li> <li>• Ensure your fruit sugar doesn't include added sugar.</li> </ul>
Stevia	<ul style="list-style-type: none"> <li>• May be sweetener of choice for those with diabetes, candida or cancer.</li> <li>• Green leaves are better than the white extract.</li> </ul>	<ul style="list-style-type: none"> <li>• It is very sweet, so you only need a small amount. (A pinch = 1 tsp. sugar)</li> <li>• Stevia is often mixed with other fillers. Be sure to read labels.</li> </ul>
Yacon (Jerusalem artichoke)	<ul style="list-style-type: none"> <li>• Rich in iron and only mildly glyceemic.</li> </ul>	<ul style="list-style-type: none"> <li>• Generally available as dehydrated chips and as a syrup.</li> <li>• Ensure organic.</li> </ul>
Xylitol	<ul style="list-style-type: none"> <li>• May help prevent the growth of bacteria.</li> <li>• Naturally found in fibrous fruits and vegetables, corn cobs and some hardwood trees.</li> </ul>	<ul style="list-style-type: none"> <li>• Man-made chemical. In a number of foods, such as gum and supplements.</li> </ul>
Coconut sugar	<ul style="list-style-type: none"> <li>• Higher nutrient content and lower glycemic index than most sugars.</li> <li>• Tastes similar to brown sugar, but is slightly richer.</li> </ul>	<ul style="list-style-type: none"> <li>• Distinctive coconut flavour.</li> </ul>
Molasses	<ul style="list-style-type: none"> <li>• Rich in vitamins and minerals.</li> <li>• Blackstrap molasses is the most beneficial and is a good source of iron and calcium.</li> <li>• "Waste" product from production of refined sugar.</li> </ul>	<ul style="list-style-type: none"> <li>• Produced from and sweeter than sugar.</li> <li>• Rich flavour. Not suited for all recipes because it is thick and viscous.</li> <li>• Be sure to select unsulfured, organic sugarcane molasses.</li> </ul>
Barley Malt Sugar	<ul style="list-style-type: none"> <li>• Similar to molasses in texture with a malty taste.</li> <li>• Ideal for baking in bread.</li> <li>• Easily digested with a low glyceemic index.</li> </ul>	<ul style="list-style-type: none"> <li>• Food intolerances may occur.</li> <li>• Poor choice in coffee and tea.</li> </ul>

Avoid: Fructose, High Fructose Corn Syrup, Concentrated fruit juice, "Raw" "Natural" Turbinado & Sucanat Sugars



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For more information check out <http://www.ndhealthfacts.org/wiki/Sugar>