

sneaky sugar synonyms

all sugar and sweeteners listed here are **out**
 for The 21-Day Sugar Detox

additional considerations for sweetener choices after The 21-Day Sugar Detox

HOW IT'S MADE

The more highly refined a sweetener is, the worse it is for your body. For example, high fructose corn syrup (HFCS) and artificial sweeteners are all very modern, factory made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary. As a result, I vote for raw, organic, local honey as the ideal natural sweetener after your 21DSD.

WHERE IT'S USED

This is a reality check. When you read the ingredients in packaged, processed foods, it becomes obvious that most of them use highly refined, low-quality sweeteners. Food manufacturers even hide sugar in foods that you didn't think were sweet! Many foods that have been made low-fat or non-fat have added sweeteners or artificial sweeteners—avoid these products!

HOW YOUR BODY PROCESSES IT

Here's where the high-fructose corn syrup (HFCS) commercials really get things wrong: Your body actually does not metabolize all sugar the same way. Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time because the high fructose content of both requires processing by the liver before the sugar hits your bloodstream. This yielded a seemingly favorable result on blood sugar levels. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to your health. Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole foods for the win! ●

NATURAL SWEETENERS*



Brown sugar	Date sugar	Molasses
Cane juice	Date syrup	Palm sugar
Cane juice crystals	Dates	Raw sugar
Cane sugar	Fruit juice	Stevia (green leaf or extract)
Coconut nectar	Fruit juice concentrate	Turbinado sugar
Coconut sugar/crystals	Honey	
	Maple syrup	

*Natural sweeteners are the options I recommend using in very limited quantities *after* your 21DSD.

NATURALLY DERIVED SWEETENERS



Agave	Fructose	Mannitol
Agave nectar	Glucose/ glucose solids	Muscovado
Barley malt	Golden sugar	Refiner's syrup
Beet sugar	Golden syrup	Sorbitol
Brown rice syrup	Grape sugar	Sorghum syrup
Buttered syrup	High-fructose corn syrup	Sucrose
Caramel	Invert sugar	Tagatose (Tagatose, Nutrilatose)
Carob syrup	Lactose	Treacle
Corn syrup	Levulose	Yellow sugar
Corn syrup solids	Light brown sugar	Xylitol (or other sugar alcohols; typically they end in "-ose")
Demerara sugar	Maltitol	
Dextran	Malt syrup	
Dextrose	Maltodextrin	
Diastatic malt	Maltose	
Diastase		
Ethyl maltol		

ARTIFICIAL SWEETENERS



- Acesulfame K/Acesulfame Potassium (Sweet One, Sunett)
- Aspartame (Equal, NutraSweet)
- Saccharine (Sweet'N Low)
- Stevia, white/bleached (Truvia, Sun Crystals)
- Sucralose (Splenda)