

# SUGAR SUBSTITUTES



## Stevia

Organic Stevia liquid

- serving size 8 drops
- 0 calories
- 0 glycemic index
- Made from Stevia plant extract



## Monk Fruit

Organic Monk Fruit liquid

- serving size 8 drops
- 0 calories
- 0 glycemic index
- Made from *lo han guo* fruit juice



## Coconut Sugar

Granulated Coconut Sugar

- serving size 1 teaspoon
- 18 calories
- 50-54 glycemic index
- Made from coconut palm sap



## Xylitol

Granulated Xylitol

- serving size 1/4 teaspoon
- 2.4 calories
- 7 glycemic index
- Natural alcohol found in plants



## Molasses

Molasses (bottled liquid)

- serving size 1 tablespoon
- 290 calories
- 44 glycemic index
- 3X boiled sugar cane juice



## Maple Syrup

Maple syrup (bottled liquid)

- serving size 1/4 cup
- 200 calories
- 54 glycemic index
- Made from maple tree sap



## Raw Honey

Honey (bottled liquid)

- serving size 1 tablespoon
- 64 calories
- 58 glycemic index
- Harvested from bee hives



## Agave Nectar

Agave Nectar (bottled liquid)

- serving size 1 tablespoon
- 63 calories
- 30 glycemic index
- Made from blue agave nectar



## Date Paste

Date Paste (jar)

- serving size 1/4 cup
- 190 calories
- 42 glycemic index
- Made from fruit of date palm