

SWEET SUBSTITUTES

THE ULTIMATE GUIDE TO HEALTHY SWEETENERS

TOP TIPS FOR *choosing* HEALTHIER *sugar*

- 1 CHOOSE WHOLE SWEETENERS, WHERE NOTHING IS REFINED, DISTILLED, EXTRACTED OR REMOVED
- 2 CHOOSE SWEETENERS THAT CONTRIBUTE TO HEALTH, NOT JUST THOSE THAT AREN'T 'AS BAD'
- 3 THE LEAST AMOUNT OF PROCESSING STEPS THE SUGAR GOES THROUGH, THE BETTER!

Honey is completely natural, unprocessed and unrefined! Honey is rich in **beneficial digestive enzymes** (these are destroyed with heat, so raw honey is important) and in many cultures it's used as a **healing remedy**, especially due to its **antibiotic, antibacterial, and antimicrobial properties** (honey lemon tea, anyone?). It can also be used topically on cuts to help infection, and used in beauty face masks!

honey



MEDJOOl DATES

There is nothing processed about fresh medjool dates! They **taste like caramel fudge**, and make a great go-to dessert with no effort required. Dates are also a great source of **minerals like potassium, manganese, magnesium and copper**.

maple syrup

Maple syrup is made from boiling the sap collected from maple trees, and is rich in **trace minerals**. I love the flavour of maple syrup, and find it's a pretty good all-rounder substitute. It also has **high zinc levels!** Choose **B grade** over A grade maple syrup as it has a higher mineral content.



MOLASSES

Molasses is the by-product from the processing of sugar. During the process of making sugar, the sugar crystals you see in your pantry get separated from the molasses - which is where most of the nutrition goes. Molasses is high in **antioxidants, iron, calcium, zinc, copper and chromium**. **Blackstrap molasses** is a very dark, rich molasses made from the third boiling. It is processed, but it contains a lot of good minerals, and is a good source of iron.

DATE SUGAR

Date sugar is made from powdered dry dates, and undergoes very little processing. Date sugar is very **high in antioxidants**. Natural dates have up to 60% sugars, which is increased with drying them, so it **tends to be sweeter than regular brown or white sugar**.

SUCANAT

Sucanat stands for sugar cane natural, and is dried/dehydrated sugar cane juice. Sucanat is generally made by crushing sugar cane to squeeze out the juice, heating (usually low heat) and reducing to a thick syrup then dried to create granules. It is not separated from anything, so **nothing is added or taken out**. It retains **100% of the sugar cane's molasses**.



PALM SUGAR

Often confused for coconut palm sugar, palm sugar is actually different. Palm sugar is sugar made from the **sap collected when the palm tree (not the coconut tree) is tapped**. It's a traditional sugar that has been used for centuries in India.

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COCONUT SUGAR

For more health & wellness tips, go to: