

SWEETENERS #s are per Tbsp., except for *** items which are tsp.		Calories	Net Carbs	GL <i>Blood sugar impact</i>
Great choices	Stevia with inulin (<i>Liquid or powder</i>) ***	0	0	0
	Stevia with erythritol (<i>TRUVIA or PRUVIA</i>) ***	0	0	0
	“Fiber Yum” or Vita-Fiber Syrup	30	0	0
	Erythritol or Monk Fruit	0	0	0
Okay choices	“ <u>Agave Five</u> ” syrup with stevia, agave & monk fruit***	5	2	2
	Xylitol	10	10	2
	Coconut Nectar	30	7	3
	Coconut Sugar (crystals)	30	7	3
Poor choices	Agave syrup (Not recommended)	60	16	4
	“ <i>Sugar in the Raw</i> “ and regular Table Sugar	45	13	8
	Honey—natural local honey	64	18	10
	PURE Maple Syrup	52	18	10
	Not PURE Maple Syrup (Never recommended!)	55	22	15

Far right column is the most important number

Monk Fruit has been used for 1000 years. We like Lankato brand’s various versions of monk fruit. They have confectioner’s powdered, granular (classic sugar) and even maple syrup flavored. [Order any of them Here.](#)

Stevia products are great options too. Try different brands as there are great variations in taste. In both cases read labels closely to make sure there is no added fructose, as some are deceptive in labeling.

Truvia is mostly erythritol, but because it also has stevia in it—it is much sweeter! So for every 1 cup of sweetener a recipe calls for, we only use 1/3 cup Truvia.

Sweetener = Truvia
1 cup = 1/3 cup
3/4 cup = 3 Tbs
1/2 cup = 2 Tbs
1/3 cup = 4 tsp
2 Tbs = 2 tsp

When comparing sweeteners for cost, you need to consider how much of each to use in a recipe. Since we only use 1/3 the amount of Truvia as erythritol, the cost per use is lower. The cost for erythritol is about \$1.70 per 1 cup. The cost for 1/3 cup Truvia (*the equivalent sweetness amount*) is only \$1.00. So using Truvia or Stevia are your least expensive options.

Xylitol and **Erythritol** are **sugar alcohols**. Both can be replaced cup-for-cup for sugar in recipes. Both can be purchased from Amazon in 5# bags affordably. Of the two, [Erythritol is your better choice](#) as it has a lower blood sugar impact. (Note that Xylitol can cause some gas or gastric distress in many people *and it is FATAL to dogs!*)

Coconut Nectar Syrup and **Coconut Sugar** are “use sparing” options. Try several brands—as tastes do vary! It’s easy to use too much—measure carefully—as if you use too much then it is the same as sugar.

AGAVE is highly processed and it functions in the liver in a bad way. “**Agave 5**” brand has a small amount of actual agave and it is mostly monk fruit and other healthier sweeteners. Or better yet—substitute [Fiber-Yum](#) or [Vita-Fiber](#) for the agave.

Local raw **HONEY** is great for those who are not overweight. But for those who are insulin resistant or trying to lose weight, due to its high glycemic load, it must be used in very small doses .

MAPLE SYRUP, even **PURE Maple Syrup**, is a poor choice due to the very high glycemic load. If you use just 4 tablespoons of syrup the GL = 60. [Click for home-made Maple Syrup Recipe in the Breakfast Recipe section.](#)