

What is added sugar?

They can include but are not limited to any type of sugar, organic, raw or processed. Examples include glucose-fructose, ordinary table sugar, honey, agave syrup, brown rice syrup, maple syrup and all other sweeteners that contain calories.

How much sugar can I consume in 1 day?

No more than 100 calories (6 ½ tsp or 25 grams) of your daily caloric intake should be from added sugar if you're a women and 150 calories (9 ½ teaspoons or 38 grams) if you are a man. Limit all added sugars even the supposedly healthy ones like brown rice syrup, agave syrup, raw honey, evaporated cane juice and/or beet sugar.

FUN FACT: 4 grams of sugar = 1 tsp of sugar

Are added sugars really that bad for my health?

The quick answer: YES! Here are some very serious reasons to avoid or minimize added sugars.

1. You can't afford the empty/extra calories
2. Added sugars promote obesity
3. Sugar sweetened drinks may increase the risk of obesity and promote diabetes
4. Fructose raises triglycerides and may boost visceral fat
5. Fructose may raise the risk of gout
6. Promotes overeating
7. Most added sugars are found in junk food which should be avoided

Should I avoid fruit then?

NO, don't worry about the natural occurring sugars found in milk, fruit and plain (unsweetened yoghurt).

What are sugar alcohols and are they safe?

Sugar alcohols aren't actually sugar at all. Sugar alcohols are made by adding hydrogen atoms to sugars. For example, adding hydrogen to glucose makes sorbitol. Sugar alcohols are known as sorbitol, xylitol, mannitol, maltitol, lactitol, isomalt, erythritol, hydrogenated starch hydrolysates.



Sugar and Sugar Alternatives

Are they the best/safest sugar alternatives?

Some sugar alcohols are better absorbed than others. Sugar alcohols do not raise blood sugar levels as rapidly as sugar does yet they are great for cooking because they are just as bulky as sugar. They can be replaced one to one for sugar in recipes.

Erythritol, which is largely unabsorbed has virtually no calories while maltitol and hydrogenated starch are absorbed enough to provide ¾ of the calories of sugar. Too much sugar alcohols traveling unabsorbed through the intestinal tract can cause bloating, gas and diarrhea.

GI Index of Common Sugars:

Sugars & Substitutes with their Glycemic Index

Artificial Sweeteners	N	Never a Healthy Sugar Alternative All artificial chemical sweeteners are toxic and can indirectly lead to weight gain, the very reason many people consume them. They should be avoided. In fact, given a choice between fructose corn syrup and artificial sweeteners, we recommend high fructose corn syrup by far (though it's essentially asking if you should consume poison or worse poison). Best Healthy Sugar Alternative
Stevia	0	Though it is 200-300 times sweeter than table sugar, stevia is not a sugar. Unlike other popular sweeteners, it has a glycemic index rating of less than 1 and therefore does not feed (yeast) or cause any of the numerous other problems associated with sugar consumption. Read more about stevia at Organic Lifestyle Magazine (OLM). Please note that Stevia and not the same thing.
Xylitol	7	Xylitol is a natural sugar alcohol sweetener found in the fibers of fruits and vegetables which can cause bloating, diarrhea, and flatulence with initial consumption. It's said to be safe for women, and is said to possibly treat ear infections, osteoporosis, respiratory infections, candida, and it even helps fight cavities. In fact, in Finland, virtually all chewing gum is sweetened with xylitol.
Agave Nectar	15	A sweet syrup made from the Blue Agave plant, Agave Nectar is obtained by the extraction and purification of "sap" from the agave plant, which is broken down by natural enzymes into monosaccharides (simple sugars): mainly fructose (70-75%) and dextrose (20-26%). Read more about agave nectar at OLM.
Fructose	17	Though fructose has a low glycemic index rating, fructose consumption should be limited. Fructose is linked to heart disease as it raises triglycerides and cholesterol. It is devoid of fiber.
Brown Rice Syrup	85	It is not recommended for diabetics, since its sweetness comes from maltose, which is known to cause spikes in blood sugar.
Raw Honey	30	A Healthy Sugar Alternative in moderation With antioxidants, minerals, vitamins, amino acids, enzymes, carbohydrates, and phytonutrients, raw, unprocessed honey is considered a superfood by many alternative health care practitioners and a remedy for many health ailments. Choose your honey wisely. There is nothing beneficial about processed honey. Read more about honey at OLM.
Coconut Palm Sugar	35	Originally made from the sugary sap of the Palmyra palm, the date palm or sugar date palm (<i>Phoenix sylvestris</i>). It's also made from the sap of coconut palms. With a relatively low glycemic index, Coconut palm sugar is the new rage among health nuts. It's often called "coconut nectar sugar" or "coconut sugar".
Apple Juice	40	Fresh apple juice is good for you, though we recommend eating fresh raw whole apples. Concentrated apple juice (sometimes used as a sweetener) is closer to refined sugar than whole apple juice.
Barley Malt Syrup	42	Barley malt syrup is considered to be one of the healthiest sweeteners in the natural food industry. Barley malt is made by soaking and sprouting barley to make malt, then combining more barley and cooking this mixture until the starch is converted to sugar. The mash is then strained and cooked down to syrup or dried into powder.
Amasake	43	This is an ancient, Oriental whole grain sweetener made from cultured brown rice. It has a thick, pudding-like consistency. It's not easy to find in the U.S., but it is a great alternative to table sugar.



Sugar and Sugar Alternatives

Sugar Cane Juice	43	Healthy Sugar Alternative in moderation Sugar cane juice has many nutrients and other beneficial properties and is said by some health practitioners to be almost as medicinal as raw
Organic Sugar	47	Organic sugar comes from sugar cane grown without the use of chemicals or pesticides. It is usually darker than traditional white sugar because it contains some molasses. (It has been processed to the degree white sugar is processed).
Maple Syrup	54	Maple syrup is made by boiling sap collected from natural growth maple trees during March & April. It is refined sap and is therefore processed. It has a high glycemic index, and therefore is much less nutritious than refined table sugar and high fructose corn syrup, there are better choices.
Evaporated Cane Juice	55	Evaporated cane juice is often considered unrefined sugar, but juicing is a refining process, and evaporating refines further. Though better than turbinado, cane juice (unrefined) is a better choice as a sweetener.
Black Strap Molasses	55	White refined table sugar is sugar cane with all the nutrition taken out. Black strap molasses is all of that nutrition that was taken away. A quality organic (must be organic!) molasses contains iron, calcium, copper, magnesium, phosphorus, potassium and zinc, and is alkalizing to the body.
Turbinado	65	Turbinado sugar is partially processed sugar, also called raw sugar.
Raw sugar	65	Raw sugar is not actually raw sugar. It is processed, though not as refined as common white table sugar. Therefore, given a choice between raw and white, choose raw. There are many different variations of raw sugar with many different names depending on how refined it is.
Cola (and most other sodas)	70	Though cola has a lower GI ranking than some might expect, there are many other reasons to avoid cola, or any type of soda. There is nothing beneficial to the human body inside a soda (not to mention we should avoid drinking out of aluminum cans!).
Corn Syrup	75	Corn syrup has very little nutrition and should be avoided.
Refined, Pasteurized Honey	75	The nutrition is gone, and there is often high fructose corn syrup added to processed honey. Refined pasteurized honey is no better than white table sugar.
Refined Table Sugar	80	Conventionally grown, chemically processed, and stripped of all beneficial properties, many health advocates believe that refined sugar is one of the two leading causes (high fructose is the other) of nearly every health ailment known to man (or woman or child). Not only does it have a high GI ranking, but it also is extremely acidic to the body causing calcium and mineral depletion from bones and organs (sugar is alkaline but has a very acidic effect on the body).
High Fructose Corn Syrup	87	Many health advocates believe that high fructose corn syrup and refined sugar are the two biggest contributors to health ailments in our society. High fructose corn syrup is a combination of sucrose and fructose.
Glucose (AKA Dextrose)	100	White bread was the benchmark, but for consistency glucose now holds the rating at 100.
Maltodextrin	150	Foods that have maltodextrin often say "Low Sugar" or "Complex Carbohydrate", but this sweetener should be avoided!

Taken from Organic Lifestyle Magazine