

Sugar Substitutes

MONK FRUIT SWEETENER

- ◆ It's natural, (from the monk fruit).
- ◆ Contains zero calories.
- ◆ 100–250 times sweeter than sugar.
- ◆ Antioxidant properties.
- ◆ Used for centuries in traditional Chinese medicine.
- ◆ Use as a standalone sweetener.
- ◆ Can be used in baking, but it is *very sweet*, so test it!
- ◆ An ingredient in food and drinks.
- ◆ A flavor enhancer.
- ◆ Zero calories or carbs.
- ◆ Good option for people with diabetes.



STEVIA

- ◆ Stevia sweeteners don't have calories.
- ◆ It's made from a South American plant called stevia.
- ◆ Generally does not raise blood sugar levels.
- ◆ Good option for people with diabetes.
- ◆ Available in liquid, granule, and powder forms.
- ◆ Sometimes can have licorice-like aromas.



ERYTHRITOL

- ◆ Overall, erythritol is an excellent sweetener.
- ◆ Contains almost no calories.
- ◆ 70% of the sweetness of sugar.
- ◆ Doesn't raise blood sugar or insulin levels.
- ◆ Minor digestive issues in some people.
- ◆ Tastes fresh, cool, sweet.
- ◆ May reduce the risk of heart disease.



XYLITOL

- ◆ Xylitol looks like sugar, tastes like sugar.
- ◆ Responds like sugar in baking.
- ◆ Small amount of calories in Xylitol.
- ◆ Minor digestive issues in some people.
- ◆ Not good for dogs.

*Always read labels to be sure actual sugar is not included.

#DontEatSugar
#SugarIsBad

