

Quick Guide to Sugar

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Sugar is lurking in many of our foods because it makes them taste better. Even if they are marketed as healthy foods, be sure to read the ingredients. Here's a quick guide to sugar to help you be smart about your food choices.

These are naturally in nature and are the best choice.



Stay clear of these. They are all names for artificial sweeteners and can cause you to overeat.



Use in moderation

Natural Sweeteners	Artificial Sweeteners	Sugar Alcohols	Novel Sweeteners
Honey	Sucralose	Xylitol	Stevia
Molasses	Aspartame	Erythritol	
Maple Syrup	Acesulfame potassium	Mannitol	
Coconut sugar	Saccharin	Maltitol	
Date sugar		Lactitol	
Agave Nectar		Isomalt	
Fruit juice and nectar			

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