

Living ...

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Note: Honey still raises blood sugar and should be consumed in moderation.

5. Pure Maple Syrup

Benefits:

- Contains manganese, zinc, and antioxidants
- Less processed than refined sugar

- Rich, distinctive flavor
- Excellent for cooking and baking

Best for: Oatmeal, pancakes, glazes, and roasted vegetables. It is calorie-dense, so moderation is needed.

6. Coconut Sugar

Benefits:

- Minimally processed compared to white sugar

- Contains small amounts of potassium, iron, zinc, and calcium

- Retains some inulin, a prebiotic fiber that may slow glucose absorption

- Mild caramel flavor similar to brown sugar

- Easy 1:1 substitute for white or brown sugar in recipes

Best for: Baking, coffee,

tea, sauces, and everyday cooking.

Note: Coconut sugar contains nearly the same calories as table sugar and should still be used in moderation despite its natural origin.

Best Choices by Goal
For blood sugar control:

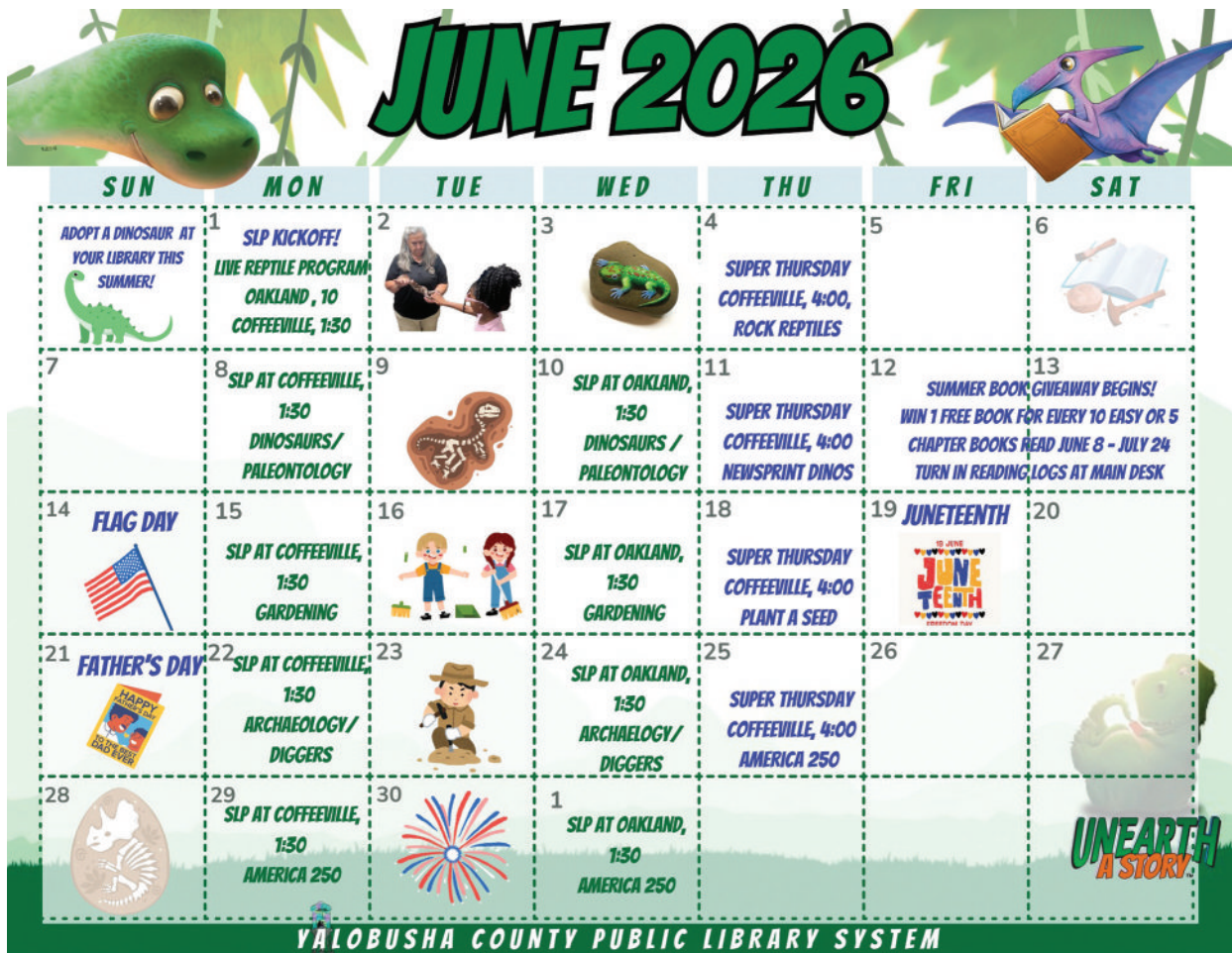
- Stevia
- Monk Fruit

For whole-food sweetness and flavor:

- Date Syrup
- Honey
- Pure Maple Syrup
- Coconut Sugar

While these alternatives can offer flavor and small amounts of nutrients, moderation is still important. The healthiest approach is to gradually reduce your preference for sweetness overall while choosing minimally processed sweeteners when possible.

Article Source:
<https://www.foodandhealth.com/blog/6-alternative-natural-sweeteners>



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