



# Sugar

## AND HEALTHY ALTERNATIVES



Refined sugar (white sugar) is highly refined and processed meaning that it has been stripped of its natural enzymes and fibers. Enzymes and fiber work to slow sugar down so that it doesn't cause a rapid spike in blood sugar when it's consumed.

Because refined sugar has been stripped of its vitamins, minerals, and fiber it forces the body to use up its own stores of these nutrients to process it.

**White sugar consumption can increase inflammation and make joint pain worse.**

## CHECK OUT THESE HEALTHIER ALTERNATIVES TO WHITE SUGAR

### 1. Date Sugar

Date sugar is made from dates and can be used on cinnamon toast or crumb toppings.

Note: you will want to make sure that it is organic. Dates can be high in pesticides and sulfites.

### 3. Honey

Raw (non-pasteurized) honey contains more enzymes, minerals, vitamins, and fiber to slow it down.

### 4. Coconut Sugar

Coconut sugar comes from the juices of the coconut palm blossoms. It's a great low glycemic sweetener and contains a good amount of vitamins, minerals, and fiber. This sugar is great to use 1-1 in place of refined white sugar when baking.

### 2. Dates

Dates are fat-free and packed full of fiber, antioxidants, and minerals such as iron and potassium. You can soak dates and blend them to use as a natural sweetener in baked goods.

### 5. Agave

Agave is a natural sweetener made from the juice of the agave cactus. It is a natural high fructose concentrate, and does not stimulate digestive insulin secretion like other sugars do. This should be used in moderation, because fructose is processed by the liver.

