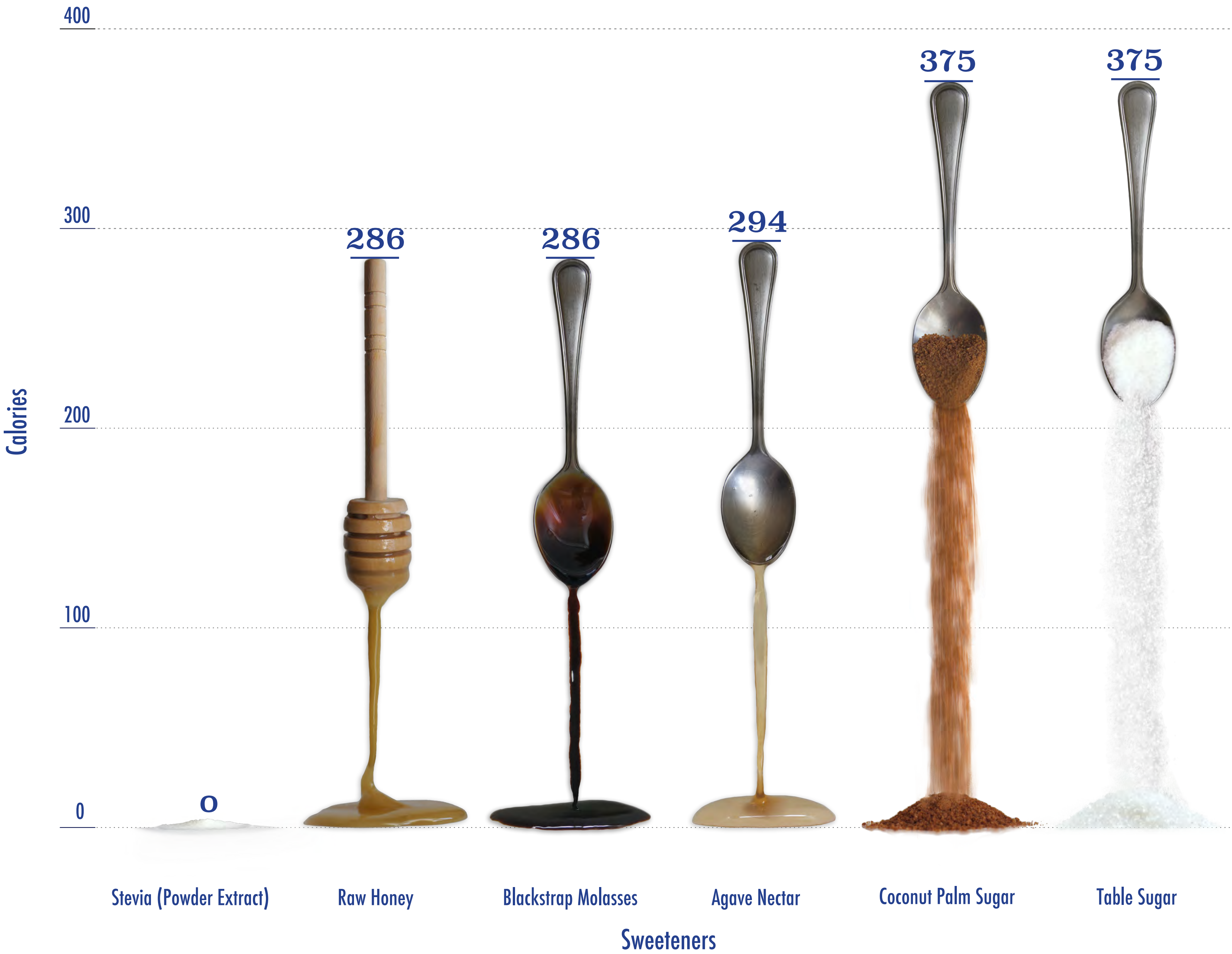
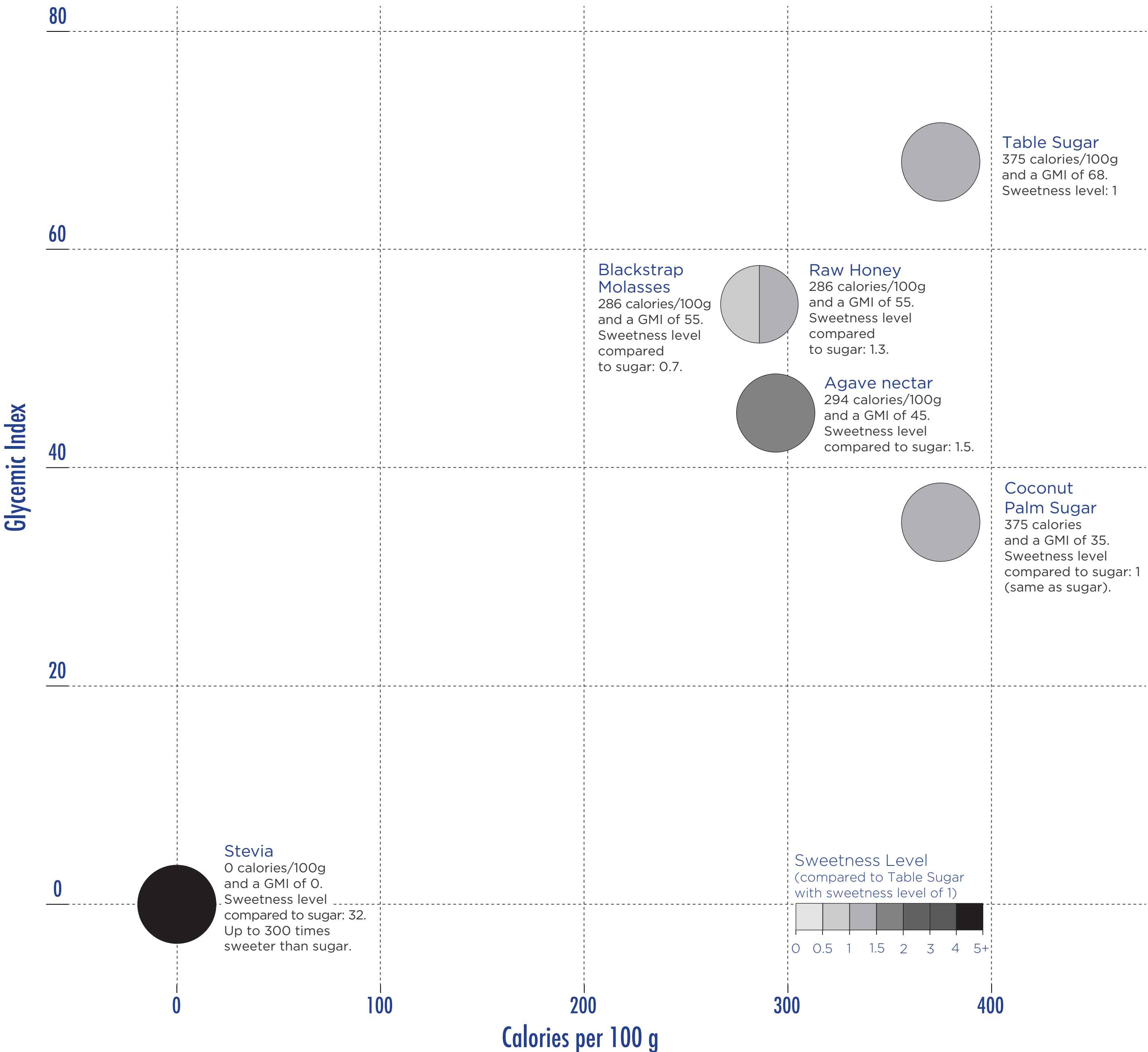


# Sugar Guide

CALORIES OF SWEETENERS PER 100g



CALORIES AND GLYCEMIC INDEX OF SWEETENERS PER 100g



### GLYCEMIC INDEX

In the first two hours after a meal, blood glucose and insulin levels rise higher after a high-glycemic load meal than they do after a low-glycemic load meal containing equal calories. However, in response to the excess insulin secretion, blood glucose levels drop lower over the next few hours after a high-glycemic load meal than they do after a low-glycemic load meal. This may explain why 15 out of 16 published studies found that the consumption of low-glycemic index foods delayed the return of hunger, decreased subsequent food intake, and increased satiety (feeling full) when compared to high-glycemic index foods.

**Consumption of low-glycemic index foods delays the return of hunger, decreases food intake and increases satiety compared to high GI foods.**

This illustrates that low-glycemic load foods are better at curbing hunger or appetite, thus, leading to weight-loss and other long-term health benefits.

### FRUCTOSE, GLUCOSE, SUCROSE?

Sucrose, glucose and fructose are carbohydrates, commonly referred to as simple sugars. Sugar is found naturally in whole foods and is often added to processed foods to increase flavor.

Simple carbohydrates are classified as either monosaccharides or disaccharides. Glucose and fructose are monosaccharides, made up of one sugar unit. Together they link to become sucrose, a disaccharide.

Fructose alone can in concentrated doses be harmful, due to the lacking amount of glucose to bind with, as it will not be absorbed into the bloodstream like glucose but is instead metabolized in the liver. It does not raise blood sugar or insulin in the short term, but when consumed in high amounts it leads to insulin resistance—a long-term effect that will chronically elevate blood sugar and insulin levels.

For this reason the fructose content of sugar is a much bigger problem than its glycemic index. Regular sugar contains about 50% fructose, High Fructose Corn Syrup between 45-55%, while Agave is about 70-90% fructose. While the negative health effects of high fructose corn syrup are well documented, Agave syrup has been recently promoted as a “healthy” sweetener. However, most health conscious users don’t realize that agave is also a high fructose syrup. Agave syrup can contain up to 95% fructose and 5% glucose, making it one of the worst sweetener choices.

**High fructose syrups increase risk of diabetes and cardiovascular disease including heart attack, stroke, high blood pressure, and liver inflammation.**

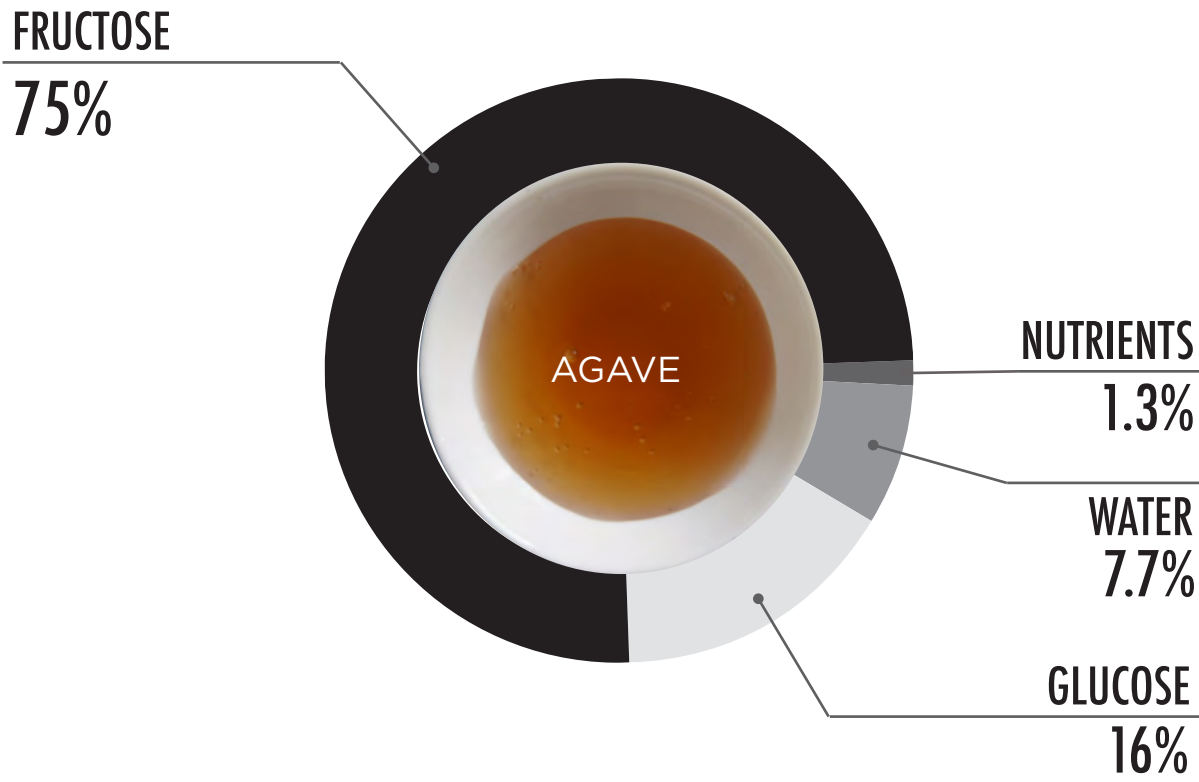
CONTENTS OF SWEETENERS



TABLE SUGAR is the most commonly known sweetener. White sugar is the crystallized sucrose—50% glucose and 50% fructose—extracted from either sugarcane or sugar beets. After harvesting the sugarcane or sugar beets, the juice is extracted and boiled down to remove moisture. As the moisture diminishes, the natural sucrose in the juice begins to crystallize. Unfortunately, this sweetener lacks any form of nutritional value.

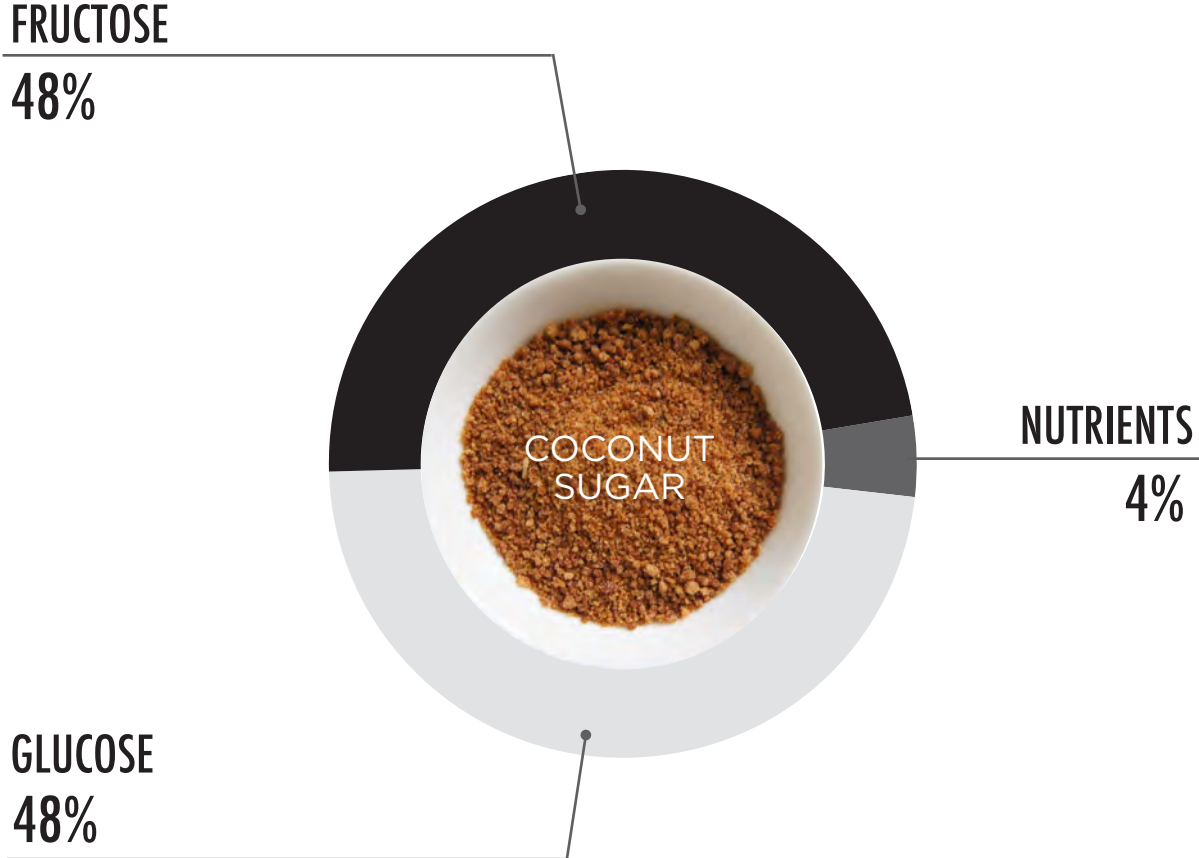
NUTRIENTS in mg/100g

Nutrients	0
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AGAVE NECTAR ranks relatively low on the glycemic index because it has a high content of fructose—in fact, higher than any other common sweetener, more even than high fructose corn syrup (HFCS). Fructose does not readily raise blood sugar (glucose) levels because the body doesn’t metabolize it well, leading to deranged liver function and obesity. The nutrients in agave are insignificantly small and do not justify the use of it.

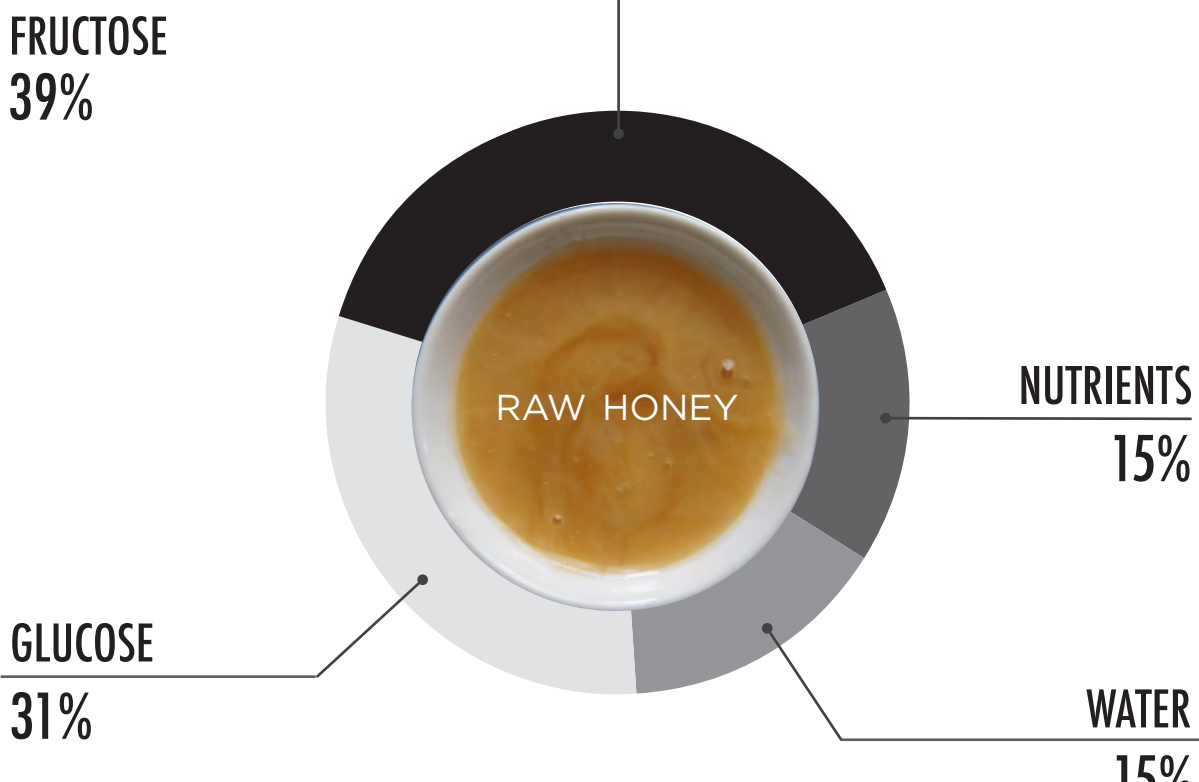
Protein	90
Phosphorus	4
Potassium	4
Sodium	4
Fe	1
Ca	1



COCONUT PALM SUGAR is the natural sugar made from sap, which is the sugary circulating fluid of the coconut plant. It is often confused with Palm Sugar, which is similar but made from a different type of palm tree. It contains a fiber called Inulin, which may slow glucose absorption and explain why coconut sugar has a lower glycemic index than regular table sugar.

\*Small Amounts of: Calcium, Zinc, Iron, Copper, Manganese, Thiamine amongst others

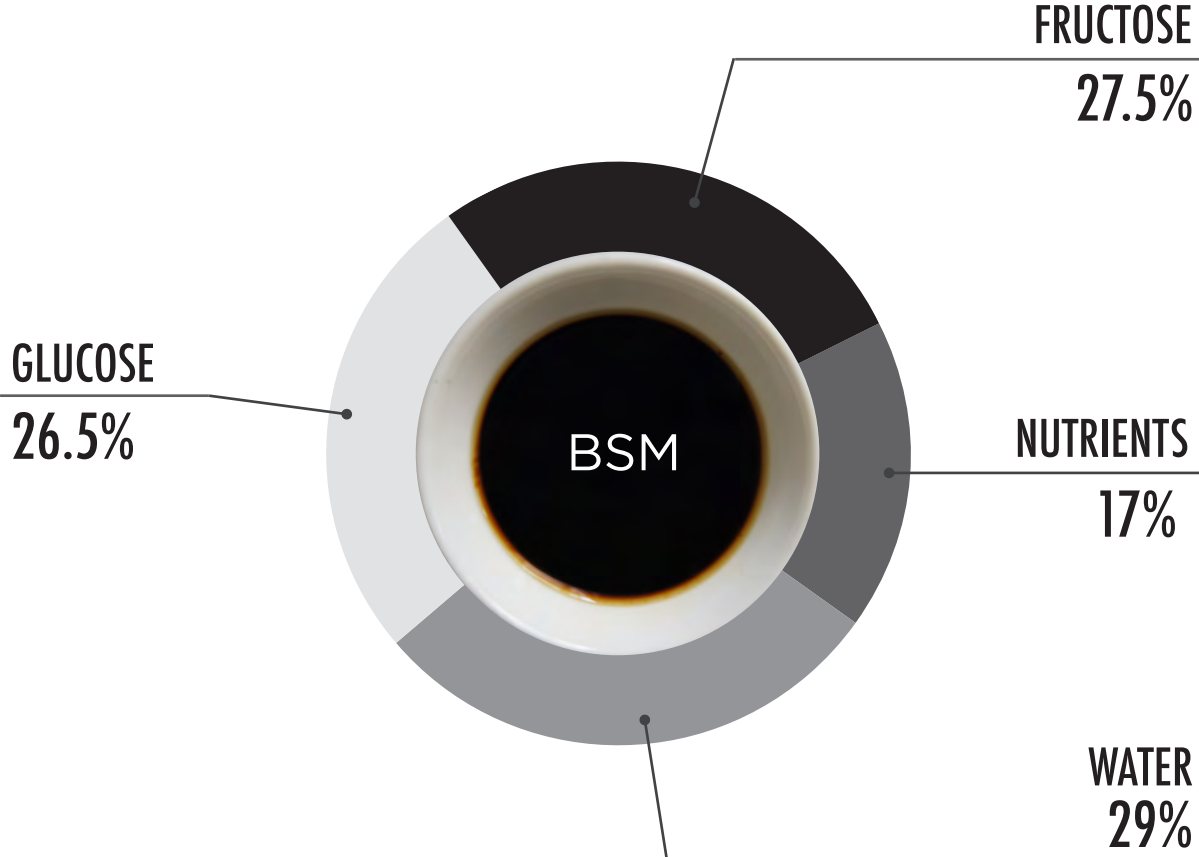
Protein	1670	Potassium	1030
Fiber	800	Chloride	470
		Na	72
		Mg	29
		Fat - 100	Vit C



HONEY that is sold as raw contains all the pollen, enzymes and other micro-nutrients that are usually filtered out or destroyed by heat when the honey is processed. Traditionally, honey is heated and filtered so that it will remain liquid much longer. Raw honey will crystallize quickly due to the fact that it is unfiltered.

\*Small Amounts of: Vitamin B 6, Vitamin K, Vitamin A, Carotene beta, Riboflavin, amongst others

Potassium	52
Calcium	6
Phosphorus	4
Sodium	4
Mg	2
Choline	2.2
Vit C	
Iron	



BLACKSTRAP MOLASSES is the dark liquid byproduct of the process of refining sugar cane into table sugar. It is made from the third boiling of the sugar syrup and is therefore the concentrated byproduct left over after the sugar’s sucrose has been crystallized, and is rich in nutrients and minerals.

\* 8.4 mg of Zinc, Copper, Manganese, Thiamin (vitamin B-1), Riboflavin (vitamin B-2), Vitamin B-3, B-5, B-6

Potassium	2492
Mg	215
Calcium	860
Ph	40
Na	55
Fe	
Iron	