



| Sugar / Sweetener Name | Glycemic Index (GI) Level/tbsp | Fructose Level                                  | Calories /tbsp         | Mineral content                                                                                                                                               | Vitamin Content                              | Amino Acids                                                      | Taste                                                                                                                                                                     | Side Effects                                                                                                                                                                                                                                                                                                                                                                                                                                    | Benefits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <b>Coconut Sugar</b>   | 35 GI                          | 10%                                             | 10                     | Contains: Potassium, magnesium, zinc, & iron. Compared to brown sugar, it has 26x Iron, 4x magnesium, & 10x amount of zinc! Also very high in micronutrients. | B1, B2, B3, B6                               | 16 out of 20 amino acids. Highest being Glutamine.               | Flavor with a caramel sweetness. Can be compared to brown sugar in taste.                                                                                                 | Not suitable for those with an allergy to coconut or tree nut allergies. Otherwise, no bad side effects have been found during the studies of coconut sugar.                                                                                                                                                                                                                                                                                    | Safe & excellent sugar option for diabetics & hypoglycemic due to low GI level. Helps to regulate blood sugar levels. Look for Coconut Sugar that is a yellow-brown color which indicates chemical free and minimally processed. Will not give you an energy 'crash'. Glutamine helps support the immune, digestive, and nervous system as well as removing excess ammonia from the body. Can assist with healing the body and preventing illness. May reduce chances of developing breast cancer. Also helps in preventing diabetes due to low GI level. Minerals contained in this sugar help to prevent cardiovascular disease, are necessary for proper nerve & brain function, blood health, strong immune system, kidney function and cell health. |
| <b>Honey</b>           | 30 GI raw<br>75 GI processed   | 38-50%                                          | 60 raw<br>64 processed | Calcium, copper, magnesium, iron, manganese, phosphorous, sodium, zinc, potassium                                                                             | B2, B3, B5, B6, B9, Vitamin C                | 18 amino acids are found in honey but only in very small amounts | Very sweet with a sticky texture. Taste varies depending on variety, processing, and nectar sources - wildflower vs. orange blossom honey, raw or heavily processed, etc. | Honey must NOT be given to children under 1 year old as this may cause botulism in infants as studies have shown.                                                                                                                                                                                                                                                                                                                               | Based on RAW honey (unpasteurized and unprocessed): An alkaline forming food. Anti-viral, antibacterial, and anti-fungal. Can help stabilize blood pressure and blood sugar levels. An anti-inflammatory. Great for coughs, asthma, hay fever and soothing throat irritations. Can aid with diarrhea, and stomach ulcers caused by bacteria. A great antioxidant. Great for topical use for healing wounds, sunburn, burns, and for use in skin care such as moisturizers                                                                                                                                                                                                                                                                                |
| <b>Agave</b>           | 30 GI (2 tbsp.)                | 55% at best but commonly 90% depending on brand | 45                     | Trace amounts only of calcium, potassium, manganese, magnesium & iron                                                                                         | Trace amounts of Vitamin C, K, B1, B2 and B6 | 0                                                                | A light flavor that is comparable but not identical to honey.                                                                                                             | Depletion of body's minerals, inflammation of the liver, hardening of arteries, insulin resistance, heart disease, weight gain & obesity. Contains high levels of toxic saponins which disrupt red blood cells.                                                                                                                                                                                                                                 | Does not cause sharp rises or falls in blood sugar. Can aid with healing of wounds due to antibacterial properties                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Stevia</b>          | 0 GI                           | 0                                               | 0                      | Stevia leaf has been found to contain iron, phosphorous, calcium, potassium, copper manganese & zinc.                                                         | Vitamin A and Vitamin C                      | 9 essential and 8 non-essential                                  | 300 x sweeter than sugar                                                                                                                                                  | Few studies have examined long term use of stevia. May compound effect of diabetes medication & cause low blood sugar. Can act as a diuretic, & can cause allergic reactions in people sensitive to plants such as marigolds, daisies & ragweed. Banned in several countries in Europe.                                                                                                                                                         | Decreases sugar cravings. Can kill off yeast and certain microbes. Inhibits growth & reproduction of harmful bacteria. Can aid with diabetes, high blood pressure, heart disease, skin problems, gum disease & tooth decay.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Brown Sugar</b>     | 64 GI                          | 0                                               | 52                     | Calcium, iron, copper, potassium, phosphorous, manganese & magnesium                                                                                          | Trace amounts of B3, B6 and B9               | 0                                                                | Richer taste compared to white sugar. More intense 'molasses' flavor obtained as a result of cooking white sugar                                                          | Although slightly better than refined white sugar, too much can still cause dental health problems such as erosions of tooth enamel, decay and cavities. Can cause obesity, diabetes, hypertension, heart disease, osteoporosis and vitamin and mineral deficiencies. Speeds up signs of aging. Suppresses your immune system. Addictive and can cause side effects such as mood swings, depression and anxiety when these cravings aren't met. | Contains less calories than refined white sugar, and therefore slightly more effective (but not by much) in preventing weight gain. Raw and brown sugars maintain some of the natural minerals that has shown to prevent growths/abnormalities in mice, although this hasn't been studied yet on humans.                                                                                                                                                                                                                                                                                                                                                                                                                                                 |



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| White sugar                                                                                                             | 64 GI                          | 0              | 45%-50%        | Very few traces of zinc, copper, iron, selenium, & manganese                | Extremely small trace of B2 | 0                             | Plain tasting due to lots of added chemicals and harsh processing                                                                      | Too much can cause dental health problems such as erosions of tooth enamel, decay, and cavities. Can cause obesity, diabetes, hypertension, heart disease, osteoporosis and vitamin and mineral deficiencies. Speeds up signs of aging. Suppresses your immune system. Addictive and can cause side effects such as mood swings, depression and anxiety when these cravings aren't met.                                                                                                                                                                                                                                                               | No known health benefits of white sugar due to high processing, added chemicals, bleaching, additives, and other bad substances. Processing of this 'sugar' strips it entirely of any naturally occurring minerals and vitamins.                                        |
| Maple Syrup                                                                                                             | 54 GI                          | 50%            | 0              | Great source of magnesium, calcium, potassium, sodium, copper & zinc        | Trace of B1, B2 and B5      | 0                             | Rich tasting, flavorful, sweet maple flavor. A lot lighter in texture compared to honey                                                | Maple syrup can tend to be high in calories, and therefore may be connected with weight gain if consumed often and in large quantities. Make sure when buying maple syrup, purchase from a valuable source, make sure it does not contain aluminum from processing.                                                                                                                                                                                                                                                                                                                                                                                   | Antioxidant properties effective in slowing down the aging process, and fighting off free radicals therefore protecting the body from nasty disease causing invaders. Helps with digestive problems such as gas and bloating. Can aid in muscle repair and cell damage. |
| High Fructose Corn Syrup<br><br>(Other names include: HFCS, Isoglucose, Fructose-glucose, Corn sugar, & Fruit fructose) | 89 GI                          | 55%-80%        | 53             | None. Actually causes mineral deficiencies by driving them out of the body. | Extremely small trace of B2 | 0                             | Highly sweet flavor                                                                                                                    | Genetically modified, interferes with Thyroid function, high blood pressure, diabetes, causes weight gain/obesity & many other health problems.. Found in fast food, processed meals and pop and can cause people to overeat. Promotes fat production. Studies also indicate you eat more artificial sweeteners as they stimulate appetite and produce carbohydrate cravings                                                                                                                                                                                                                                                                          | No health benefits found. Only 'benefit' to your body is that it acts as a food preservative and protects food from water activity that generally allow microorganisms to grow, which extends shelf life of processed foods.                                            |
| Splenda                                                                                                                 | 80 GI                          | 0              | 0              | 0                                                                           | 0                           | 0                             | Similar to taste of white sugar, but sometimes with an unpleasant after taste due to being an artificial sweetener made with Sucralose | An indigestible substance. A short term study in rats showed they suffered from shrunken thymus glands, as well as enlarged livers & kidneys. No long term studies were done before the FDA approved it. Contains chlorine which is harmful to the body in large amounts. Can cause headaches, stomach/digestive problems, anxiety, skin rashes, muscle aches, weakened immune systems, liver/kidney damage, birth defects and cancer as well as numerous other problems when eaten in large amounts due to sucralose content. Studies also indicate you eat more artificial sweeteners as they stimulate appetite and produce carbohydrate cravings. | No calories, but side effects and high GI counteract any benefits.                                                                                                                                                                                                      |
| Brown Rice Syrup                                                                                                        | 20 GI                          | 0              | 45             | 0                                                                           | 0                           | Trace amounts of amino acids. | Mild sweetness with a thick syrupy consistency                                                                                         | Brown rice fields are grown in the old cotton fields in the USA. . A study showed that infant formulas containing brown rice syrup contained 20-30 times more arsenic than formulas without it. The natural arsenic is taken up from the soil and into the brown rice. Inorganic arsenic exposure through ingestion has been shown to cause cancer in the skin, bladder, liver and lung. Babies are especially vulnerable to these toxic chemicals.                                                                                                                                                                                                   | Low glycemic index does not cause spikes in blood sugar levels.                                                                                                                                                                                                         |



# Honey Creams® Sugar Chart

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| Xylitol                                                                | 8 GI                           | 0              | 29             | Trace amounts only. Aid in absorption of calcium         | Trace amounts only. Aids in Vitamin B absorption | 0                                                     | Equal sweetness to sugar with a pasty aftertaste                                                  | Has been known to cause diarrhea, bloating and flatulence. Can cause low blood sugar. Intake of high doses of xylitol has also shown to cause liver failure in dogs, which can be fatal as well as elevated levels of liver enzymes associated with liver damage.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Reduces plaque formation and dental caries due to increased salivary flow                                                                                                                                                                                                                                                                                   |
| Corn Syrup                                                             | 100 GI                         | 0              | 65             | Trace amounts of sodium, copper, manganese, and selenium | Small traces of B1, B2 & pantothenic acid        | 0                                                     | Less sweet compared to HFCS because one more process must occur to convert dextrose into fructose | Can cause similar health issues as HFCS can including obesity, declined heart health, high blood pressure, diabetes and tooth decay                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | No health benefits found. Only 'benefit' to your body is that it acts as a food preservative and protects food from water activity that generally allow microorganisms to grow, extended shelf life of processed foods.                                                                                                                                     |
| Aspartame                                                              | 0 GI                           | 0              | 0              | 0                                                        | 0                                                | chemically created: L-phenylalanine & L-aspartic acid | 200 times sweeter than sugar                                                                      | Can cause seizures, dizziness, tremors, migraines, memory loss, slurring of speech, confusion, fatigue, depression, & nausea . Aggravates hypoglycemia. Can deteriorate stomach lining and cause stomach ulcers and some research indicates Aspartame may be involved in formation of cancers. Some doctors have suggested that Aspartame should not be given to children. Children lack a barrier of protection that prevents the wrong nutrients from entering the brain (which adults have). Aspartame should not be consumed by people who have a disease called phenylketonuria, because their body's cannot metabolize phenylalanine. Studies also indicate you eat more artificial sweeteners as they stimulate appetite and produce carbohydrate cravings | No calories., but side effects outweigh any benefits.                                                                                                                                                                                                                                                                                                       |
| Maltodextrin                                                           | 105-136 GI                     | 0              | 56             | Trace amounts, if any.                                   | Trace amounts, if any.                           | 0                                                     | Tasteless, bland substance                                                                        | May contain gluten. Increases blood sugar levels, which increases insulin secretion causing stress on the pancreas. Causes tooth decay. Has shown to cause liver and kidney enlargement in rodents.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Cannot induce allergies due to no protein.                                                                                                                                                                                                                                                                                                                  |
| Palm/Date Palm Sugar<br><i>(not to be confused with Coconut Sugar)</i> | 35GI                           | 38-48%         | 45             | Potassium, magnesium, phosphorous, iron, zinc            | B1, B2, B3, B6                                   | 12                                                    | Resembles brown sugar with more of a caramel sweetness                                            | Higher fructose level that is not too far from HFCS fructose level creating stress on the liver. Not suitable for those with tree nut allergies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Can assist with healing the body and preventing illness. May reduce chances of developing breast cancer. Helps with preventing diabetes due to low GI level. Minerals contained in this sugar help to prevent cardiovascular disease, are necessary for proper nerve & brain function, blood health, strong immune system, kidney function and cell health. |