

SUGARS

Sugars you can eat:

Honey

A natural sweetener that is easily digested (if there is no allergy).

Chicory syrup

Low glycemic index

Date syrup/paste:

Made from ground dates, naturally sweet and without additives.

Coconut sugar

Low glycemic index, but still sweetener, therefore in moderation.

Fruits (fresh or dried with no added sugar)

Natural sources of sugars, such as bananas, apples, apricots, or raisins.

Sugars to avoid:

Refined sugar (white or cane)

High glycemic index, causes inflammation.

Corn Syrup (High Fructose Corn Syrup - HFCS)

Not suitable due to corn and high fructose.

Milk-based sweeteners (e.g. lactose)

Because of casein.

Artificial sweeteners (aspartame, saccharin, sucralose)

Chemically processed, often causing indigestion.

Soy or corn sugars

E.g. maltodextrin or dextrose (unless declared gluten-free and corn-free).

Maple syrup

mostly contains a corn derivative (via defomamer)

Sugar names to avoid on packaging:

Sucrose | **Fructose** – if derived from corn | **Corn Syrup** | **Maltodextrin** – if not declared without corn | **Dextrose** | **Glucose syrup** – often from corn | **Lactose** | **Agave Syrup** – although natural, it contains high amounts of fructose.