



## Sugar Alternatives

- Raw honey (1 tablespoon= 64 calories)
- Stevia (0 calories)
- Dates (1 Medjool Date = 66 calories)
- Coconut sugar (1 tablespoon = 45 calories)  
\*could still spike blood sugar
- Maple syrup (1 tablespoon = 52 calories)
- Blackstrap molasses (1 tablespoon = 47 calories)
- Balsamic glaze (1 tablespoon = 20–40 calories, depending on thickness)
- Banana puree (1 cup = 200 calories)
- Brown rice syrup (1 tablespoon = 55 calories)
- Real fruit jam (varies depending on fruit)
- Monk fruit (0 calories)
- Xylitol – safest in gum, mouthwash ect.....Can cause GI Issues for some if consumed in large amounts.