

SWEETENERS 101

100% NATURAL

FRUIT SUGAR

Pure Fructose



enhances flavors

I can keep going.
"improves endurance"
-Runner's World



Fructose is absorbed slowly resulting in minimal blood-sugar fluctuations.



better for teeth

results in LESS calories

GI=20

100% NATURAL

STEVIA

A tropical leaf



**clean & refreshing
no aftertaste**



300 times sweeter than sugar

Nutrients found in stevia are known to help regulate blood sugar.



better for teeth

NO caloric impact


GI=0

100% NATURAL

CANE SUGAR

Sucrose


HIGH FRUCTOSE CORN SYRUP



**masks flavors
heavy sweet**


Requires insulin.
Possible blood-sugar problems.

I'm hungry.
(stimulates hunger)



adds pounds

creates SUGAR SPIKES with HIGHS & LOWS



promotes tooth decay

results in MORE calories

GI=61-87

ARTIFICIAL SWEETENERS

Nutrasweet™ & Splenda™



aftertaste

"Research suggests artificial sweeteners may be associated with weight gain."
The Mayo Clinic



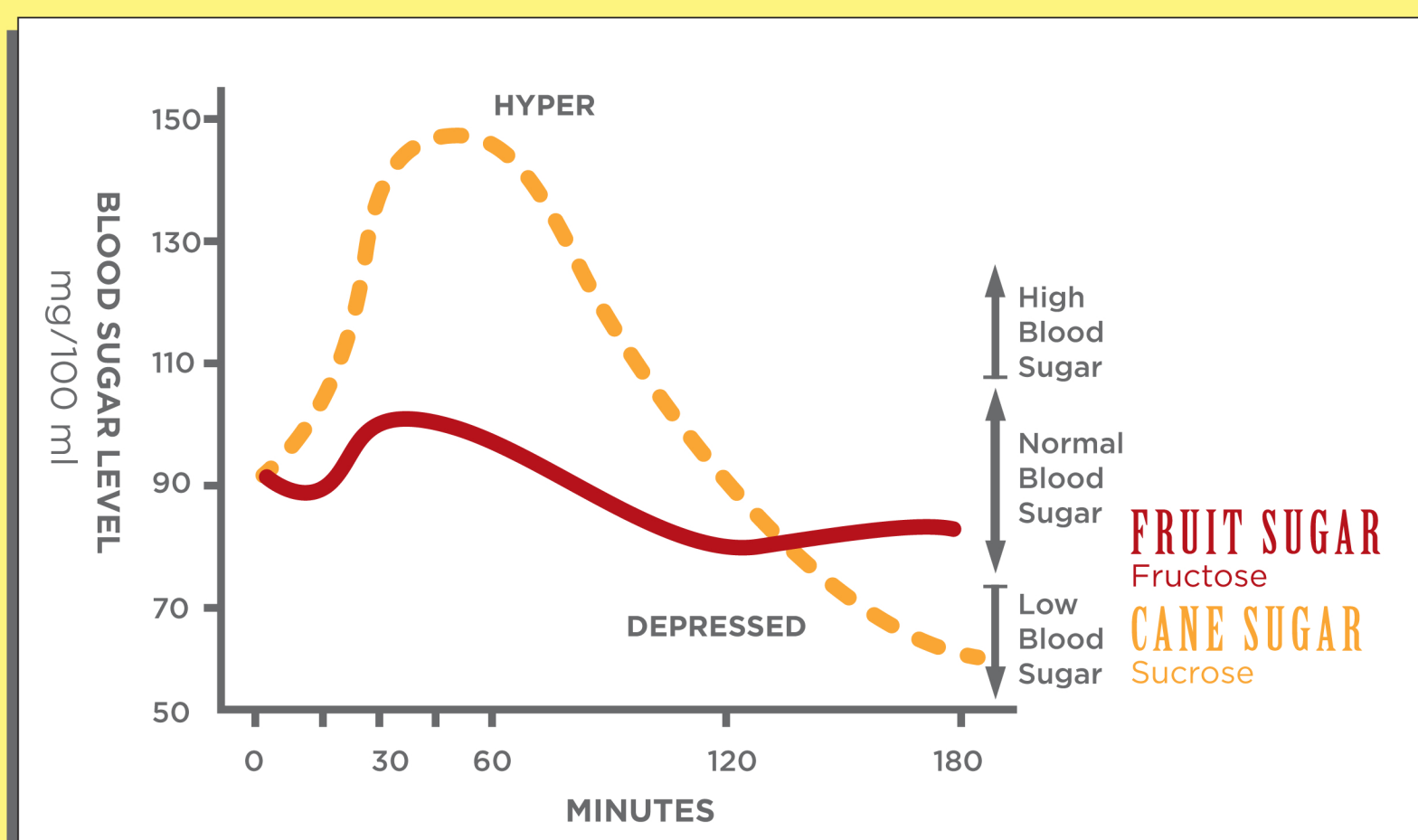
better for teeth

NO caloric impact

GI=0

♥ Best Health Benefits

♥ Best Health Benefits



GLYCEMIC INDEX

The lower the GI ranking, the better for diabetics and those trying to lose weight.

LOW GI ← **LOSS** **WEIGHT** **GAIN** → HIGH GI

"Fructose is an effective aid to performance."

-American Health

Stevia is recommended by Dr. Oz as the best sugar substitute.