

# SWEETENER GUIDE

*Sugar tolerance is very bioindividual. Some can handle moderate amounts of whole food sugars without issue, while others will feel better with less. If you have symptoms of blood sugar imbalance or dysbiosis, it is best to limit all sweeteners (even zero-calorie alternatives).*

LEVEL

1

WHOLE FOOD  
SUGARS

- raw honey
- real maple syrup
- molasses
- date syrup
- fruit puree

LEVEL

2

OKAY IN SMALL  
AMOUNTS

- coconut sugar
- stevia
- monkfruit
- xylitol
- erythritol

LEVEL

3

MINIMIZE WHEN  
POSSIBLE

- raw sugar
- agave syrup
- white sugar
- brown sugar

LEVEL

4

AVOID WHEN  
POSSIBLE

- corn syrup
- high-fructose corn syrup
- sucralose
- aspartame