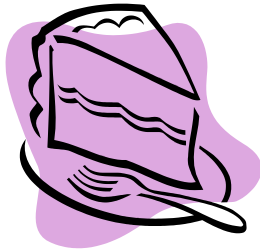


Tip Sheet:

Low Glycemic Sweetener Options



- ❖ Coconut Sugar
- ❖ Erythritol: Many brands available
- ❖ Just Like Sugar (<http://www.justlikesugarinc.com>)
- ❖ Luo Han Guo: Many brands available
- ❖ Palm Sugar: Many may be diabetic-“friendly” but not necessarily anti-candida or candida safe
- ❖ Rapadura: Type of sugar cane juice common in Latin American countries (<http://quirkycooking.blogspot.com/2009/07/rapadura-sucanat-muscavado-turbinado.html>)
- ❖ Sweet Freedom (<http://www.dietfreedom.co.uk/diet-shop/sweet-freedom/sweet-freedom---mild>)
- ❖ Sweet Perfection (<http://royannelevy.com/content/sweet-perfection>)
- ❖ Stevia: Many brands available
- ❖ Yaco Root

Tina Turbin, Founder of <http://GlutenFreeHelp.info>
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