



SUGAR AND SWEETENER GUIDE

1. Cut along dotted lines.
2. Fold in half lengthwise.
3. Face the side - Best Choices, Alternatives and Avoid towards yourself.
3. Fold in thirds towards the center so that the cover is the first page of the guide.
4. Fits in wallet for shopping guide.

<p><i>Avoid</i></p> <p>PROCESSED SWEETENERS High Fructose Corn Syrup Corn sweetener Fructose</p> <p>ARTIFICIAL SWEETENERS Neohesperidin DHC Neotame Saccharin Sucralose (Splenda) Cyclamate</p> <p>SUGAR ALCOHOLS Erythritol Lactitol Maltitol Isomalt Mannitol Xylitol Sorbitol</p>	<p><i>Alternatives</i></p> <p>PROCESSED SWEETENERS Sugar (Sucrose) Honey+ Beet sugar Brown Sugar Cane juice Cane sugar Crystallized Sugar Honey Invert sugar Stevia extract * Stevia powder * Fruit juice concentrate Agave nectar syrup Dextrose (Glucose)</p> <p>* Better choice for Diabetics + Honey shouldn't be given to children under 1 year old.</p>	<p><i>Best Choices</i></p> <p>FRESH FRUIT & VEGGIES Berries Bananas Yams Grapes Apples</p> <p>MINIMALLY PROCESSED Blackstrap Molasses Raw Pure Local Honey+ Maple Syrup Sucanat Demerara Evaporated cane juice Muscovado Sorghum Syrup Turbinado sugar Coconut Palm Nectar * Date Sugar * Lou Han Guo * Brown rice syrup</p>
<p>CHOOSE FOR YOUR HEALTH AND THE EARTH!</p> <p>Fruit contains fiber and nutrients, and minimally processed sweeteners contain traces of vitamins and minerals.</p> <p>Processed sweeteners, like refined sugars, often use genetically modified crops (GMOs) and can contain pesticides.</p> <p>High fructose corn sweeteners are made from GMO corn, and there are no organic high fructose corn sweeteners.</p> <p>Artificial sweeteners are FDA approved and could be OK, but only time will tell how they effect our bodies and the environment.</p> <p>Sugar alcohols aren't digested in our bodies, so consuming more than a little could produce gastric distress or have a laxative effect.</p> <p>Choose organic and fair trade whenever possible and only eat small amounts.</p>	 <p>THE SUGAR MUSEUM ORGANIZES AND CURATES ART PROJECTS & EXHIBITIONS THROUGHOUT CALIFORNIA.</p> <p>WE ARE DEDICATED TO THE INVESTIGATION OF SUGAR & THE CULTURE OF SWEETS.</p> <p>While the Sugar Museum strives to make this information as accurate as possible, we expressly disclaim liability for errors and omissions in the content.</p> <p>SUGARMUSEUM.ORG</p>	<p>A GUIDE TO</p> <p><i>Sugars AND Sweeteners</i></p>  <p>MINI MOBILE MUSEUM OF SWEETENERS</p>