

ALTERNATIVE SWEETENERS



A CONSUMER'S GUIDE TO SHOPPING, COOKING & EATING "GREEN"



Naturally occurring sugars can be found in whole foods starches like whole grains and beans. These complex carbohydrates offer the body balanced energy. Sweeteners, naturally or chemically processed, are not considered whole foods and, therefore, should be eaten in moderation. Although any excess of a sweetener is unhealthful, some sweeteners are better for your health than others. The Co-op carries a wide variety of alternative sweeteners. The following information chart lists natural sweeteners that you will find in either the bulk bins or in the baking section of our Grocery Department. You can experiment with them by substituting them into your favorite recipes.

Alternative Sweetener	Description	Substitution for 1 cup white sugar	Liquid Reduction	Uses
AGAVE NECTAR	Derived from the Blue Agave plant (an Aloe Vera relative); 28% sweeter than sugar, similar to honey's sweetness; rich in fructose (almost 90%)	1/2 to 2/3 cup	1/4 cup	All-purpose
BARLEY MALT SYRUP	Whole-grain sweetener made from sprouted or hot-air dried barley; rich, malty flavor; high in complex carbohydrates so it has a gentle effect on blood sugar levels.	1 1/4 cups	1/4 cup	Baking, breads
BROWN RICE SYRUP	Mild, subtle flavor; made with cooked brown rice and sprouted barley; high in complex carbohydrates so it has a gentle effect on blood sugar levels.	1 1/3 cups	1/4 cup	Baking
CANE SUGAR UNBLEACHED	From the sugar cane plant; but not chemically bleached like white sugar.	1 cup	none	All-purpose
CRYSTALLINE FRUCTOSE	Refined simple sugar, chemically processed from sugar or beets; no nutrients but releases glucose into the bloodstream somewhat more slowly than white sugar.	1/2 to 2/3 cup	none	Best for no- or low-temperature cooking or recipes
FRUIT JUICE CONCENTRATE	Evaporated fruit juice (avoid "modified" fruit juice concentrates that have lost all nutrients).	1 cup	1/3 cup	All-purpose
FRUITSOURCE	Grape juice concentrate and brown rice syrup.	1 1/2 cups	1/8 cup	All-purpose (tends to clump and harden when added to wet mixtures)

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Alternative Sweetener	Description	Substitution for 1 cup white sugar	Liquid Reduction	Uses
HONEY	Refined by bees, honey is 20–60% sweeter than white sugar; darker honey has more minerals; select raw honey. Caution: Do not give honey to children under the age of one year as it could cause infant botulism.	1/2 to 2/3 cup	1/4 cup	All-purpose
MAPLE SYRUP	Concentrated from maple sap by cooking; rich, woody taste with small amount of trace minerals; choose pure, organically grown brands; high in simple sugar sucrose, so it gets absorbed into the bloodstream very quickly.	1/2 to 3/4 cup	1/4 cup	Baking, beverages, toppings
MOLASSES (unsulphured)	Highly processed simple sugar (35–70% sucrose); by-product of sugar refining; high in minerals (especially Blackstrap).	1/2 cup	1/4 cup	Baking, breads
ORGANIC UNREFINED SUGAR	From the sugar cane plant; but not chemically refined or bleached.	1 cup	none	All-purpose
SORGHUM	Concentrated juice of the millet-like sorghum plant; lighter, fruitier flavor than molasses.	1/2 cup	1/4 cup	Baking, breads
STEVIA EXTRACT	Non-caloric herbal sweetener made from the stevia leaf; because it doesn't affect blood glucose levels, research indicates that stevia may be used by both diabetics and hypoglycemics; slight molasses and licorice flavors; tends to have a slightly bitter aftertaste.	1/4 to 1/2 tsp.	none	All-purpose
SUCANAT	Unrefined dehydrated/evaporated sugar cane juice; molasses flavor, high in simple sugar sucrose; retains sugar cane's nutrients.	1 cup	none	All-purpose (tends to darken baked goods)