
NATURAL SWEETENERS

A non-chemical approach to sweetening your food

What About Maple Syrup?

Maple syrup is a natural sweetener that is cooked down from sap drawn right from maple trees.

There are different varieties based on length of processing, with grade A as the lightest and most delicate version and grade B as the darkest one with the deepest flavor.

Maple syrup contains trace amounts of amino acids alongside higher levels of manganese and zinc. Health-boosting phytochemicals are also present in maple syrup. The article *Further investigation into maple syrup yields 3 new lignans, a new phenylpropanoid, and 26 other phytochemicals* explains, “these diverse phytochemicals may impart potential health benefits to this natural sweetener.”

Meet Natural Options:

100% fruit juice contains more nutrients than regular sugar, though the juice lacks the fiber that a piece of fruit contains as part of its full nutrient package. Use it sparingly.

Honey is another natural sweetener that could be an effective tool to fight oxidation. The article *Traditional and Modern Uses of Natural Honey in Human Diseases: A Review* maintains, “Natural honey contains many flavonoids [...], phenolic acids [etc...]. Most of the above compounds work together to provide a synergistic antioxidant effect.”

Molasses is a less well-known natural sweetener. With a thick texture and smoky flavor, molasses is also loaded with iron, calcium, magnesium, and vitamin B6.

