



The Raw Food Mums – guide to Sugar and Sugar alternatives

Sugar Name	Type	GI Index	Fructose %	Can be found in	Comments
Maltodextrin	Sugar	110	0	Salad dressings, canned fruit, snacks	
Maltose	Sugar	105	0	Vegetables, ketchup, sweet products	
Dextrose	Sugar	100	0	Honey, corn syrup, sweets, lollies, processed foods	
Glucose	Sugar	100	0	Fruits, dried fruits	
Sucrose (aka table sugar)	Sugar	65	50%	Found abundantly in plants, however often refined into table sugar form	
Caramel	Modified Sugar	60		Chocolate products, baked goods, cereals	
Golden Syrup	Modified Sugar	60		Baked goods, cereals, chocolate products	
Blackstrap Molasses	Sugar Extract	55		Baked goods, alcohol	
Maple Syrup	Natural Sugar	54	40%	Baked goods, cereals, chocolate products	
Honey	Natural Sugar	50	40%	Raw, baked goods, chocolate products, snacks, cereals	Collected by bees! Choose raw organic
Lactose	Sugar	45		Dairy	Choose organic, non-pasteurised
Cane Juice	Sugar Extract	43		Drinks, sweet products, canned fruit	
Barley Malt Syrup	Modified Sugar	42		Baked goods	
Coconut Sugar	Natural Sugar	35	38-48.5%	Baked goods, cereals	A popular healthy alternative
Brown Rice Syrup	Modified Sugar	98	0	Baked goods, cereals	Highly processed Brown rice syrup (BRS) has a (GI) of 98
Fructose	Sugar	25	100%	Fruits and vegetables	Choose in small quantities
Galactose	Sugar	25		Cereal, canned products, honey, fruit, juices, baked goods, processed foods	
Agave Syrup	Modified Sugar - from the agave fruit	15	90%	Cereals, tea, chocolate bars, non-dairy milk, yoghurt	Often seen as the 'healthy alternative' but be aware of the GI index
Xylitol	Sugar Alcohol	12	0	Sugar-free candies, gum, desserts, naturally found in some mushrooms, fruits, and vegetables	Highly processed
Glycerol	Sugar Alcohol	5	0	Candy, drinks, condiments, processed foods	
Sorbitol	Sugar Alcohol	4	0	Sugar-free candies, gum, desserts	
Lactitol	Sugar Alcohol	3	0	Chocolate products, ice cream, baked goods, chewing gum	
Mannitol	Sugar Alcohol	2		Sugar-free candies, gum, desserts	commercially, manufactured from fructose
Stevia	Natural Sweetener	0	None	A non-caloric herb that grows wild as a small shrub. Found in baked goods, yogurts and cereals	A popular healthy alternative - should always source an organic source
Aspartame – also known as Equals, Nutrasweet	Artificial Sweetener	0		Drinks, chewing gum, yogurt, cough drops	Avoid
Saccharin – also known as Sweet n' Low	Artificial Sweetener	0		Drinks, canned goods, candy	Avoid
Sucralose – also known as Splenda	Artificial Sweetener	0		Fruit drinks, canned fruit, syrups	Avoid