



for diabetics. The stevia leaves are said to be 30 times sweeter than sugar so be sure to cut back the quantity used in a recipe unless you purchase a spoonable one to one formula in which case you are safe to use equal parts.

Monk Fruit aka Luo Han Guo- a small gourd that has given rise to a great white sugar substitute. Monk Fruit like the other substitutes is low in calories and has said to be up to 500 times sweeter than sugar. Once again, Monk Fruit does not affect blood sugar levels making it suitable for diabetic patients to use. Interesting enough, Monk Fruit contains an antioxidant called Mogroside V which gives it its sweetness but also is said to

Sugar Free Halloween



SparX® are naturally flavored little candy "dots" that are rich in Xylitol. Kids love the great taste while parents can feel confident that they are giving their kids a treat which actually helps improve dental health.

when reading the nutritional facts (roughly 3g per tablespoon). The amazing thing about coconut palm sugar is that it also contains amino acids, and contains quite an array of vitamins and minerals.

Xylitol- a natural sweetener that can be found in a lot of vegetables that we eat on a daily basis. One of the best sources of Xylitol that we Canadian's can pride ourselves in, is a xylitol derived from birch

insulin levels and does not cause your blood sugar to spike. In fact because it stabilizes blood sugars it helps reduce sugar cravings and is safe for diabetics. Xylitol is ideal for all your baking needs because it also does not stick to teeth and cause cavities! Your dentist will thank you!

All of these sugar substitutes are very low calorie and low carb, due to this they will not contribute to any weight gain. So enjoy your Halloween baking this year, guilt free, with any one of these amazing sugar substitutes. Happy Halloween!

Jessica Ernewein

DCHM(Hons), HD(Rhom),
HOM

With Halloween around the corner and children hanging from the ceilings on a sugar binge. Now more than ever is the perfect time to start using some sugar substitutes that won't cause sugar high's or cause cavities but will still satisfy the monstrous Halloween sweet tooth!

Some spooktacular substitutes to consider this Halloween in your baking include:

Stevia- a natural sweetener derived from the stevia plant that has zero carbs and zero calories. Amazingly Stevia is also zero glycemic index making it ideal

increase longevity.

Coconut Palm Sugar- a natural sweetener that is a good substitute for brown sugar. Coconut Palm Sugar is low on the glycemic index but does still have a small amount of sugar

bark. Xylitol tends to be a little sweeter than regular sugar so be sure to scale back on the amounts called for in a recipe. The amazing thing about Xylitol is that it actually helps stabilize

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9:00 am - 9:00 pm
Saturday
9:00 am - 6:00 pm
Sunday
11:00 am - 6:00 pm