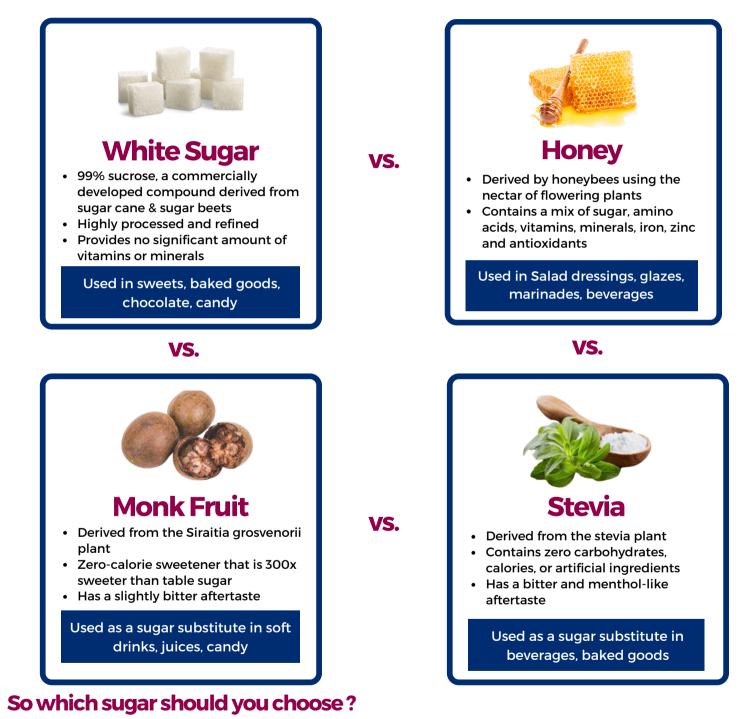
Comparing Sugars

Sugars are a class of soluble, crystalline, sweet-tasting carbohydrates. Learn about a few popular sugars, some of the most used alternatives, and how they differ nutritionally!



The short answer: **It depends!** Honey is mildly processed and contains vitamins and minerals, making it slightly more nutrient-dense than other options. However, if a lower calorie or lower carbohydrate choice is preferred, alternatives such as monk fruit or stevia may be more suitable!



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