

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!



White Sugar

- 99% sucrose, a commercially developed compound derived from sugar cane & sugar beets
- Highly processed and refined
- Provides no significant amount of vitamins or minerals

Used in sweets, baked goods, chocolate, candy

vs.



Honey

- Derived by honeybees using the nectar of flowering plants
- Contains a mix of sugar, amino acids, vitamins, minerals, iron, zinc and antioxidants

Used in Salad dressings, glazes, marinades, beverages

vs.



Monk Fruit

- Derived from the *Siraitia grosvenorii* plant
- Zero-calorie sweetener that is 300x sweeter than table sugar
- Has a slightly bitter aftertaste

Used as a sugar substitute in soft drinks, juices, candy

vs.



Stevia

- Derived from the stevia plant
- Contains zero carbohydrates, calories, or artificial ingredients
- Has a bitter and menthol-like aftertaste

Used as a sugar substitute in beverages, baked goods

So which sugar should you choose ?

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!