



Nutrition for Optimal WellnessSM

Alternative Sweeteners



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Need a reason to switch to an alternative sweetener? Here are 25 problems associated with excess sugar consumption:

- Cause headaches and migraines
- Decrease Vitamin E reserves
- Decrease the quality of vision
- Lower immune system response
- Cause hyperactivity in children
- Encourage LDL (bad) cholesterol
- Limit learning capacity
- Increase the symptoms of depression
- Prevent bowel movements
- Reduce sensitivity to insulin
- Damage human DNA structure
- Hinder the absorption of calcium/magnesium
- Cause hemorrhoids
- Prevent the release of growth hormone
- Lead to the formation of kidney stones
- Cause allergic reactions to certain foods
- Produce excess digestive tract acidity
- Alter the structure of protein
- Interfere with normal homeostasis
- Restrict enzymatic activity
- Increase fat content in the liver
- Increase fluid retention
- Lead to copper deficiency
- Promote sluggish digestion
- Debilitate adrenal gland function



References

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3. Appleton, Nancy, Lick the Sugar Habit, Avery Publishing, 1996
4. Ross, Julia, The Diet Cure, Penguin, 1999

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Health Professor





A Sweet Alternative

You might be surprised to learn that sugar is rotting more than *just* your teeth. A tablespoon here, a packet there, a sugar cube with your afternoon tea. It adds up faster than you might think. And while satisfying the old sweet tooth is a pleasure that we are all guilty of, it is important to remember that, over time, excessive sugar consumption may take a serious toll on a person's overall health. Unfortunately, the problem doesn't stop at table sugar. In fact, some of the most concerning sugar products often hide in popular processed foods and beverages.

High fructose corn syrup (HFCS) is a perfect example. Popularized in the 1970's, HFCS is commonly used in soda, jelly, candy, sauces, condiments, beer, cookies, breakfast cereals, and many more. After a chemically-intense extraction and treatment process, all that remains is a nutritionally-depleted chemical that is inexpensive to manufacture, extremely sweet, and high on the glycemic scale. Within the body, high glycemic sweeteners are among the most unfavorable, as they can reduce insulin sensitivity and encourage the body to store greater amounts of fat.

Despite respectable media coverage, diets high in sugar can lead to a number of health ailments that only seem to generate the attention after it is too late. Even more frightening, many Americans have been left in the dark with regard to the damage that can be caused by regularly consuming excessive amounts of sugar. Don't panic. Nature has blessed us with a host of natural sweeteners that can serve as much healthier alternatives. One of the most exciting is Xylitol.

Discovered in the 1800's, Xylitol is an all natural sugar alcohol that has been the subject of intense research for over thirty years. This ongoing research continues to teach us that Xylitol is an excellent choice when it comes to sugar substitutes. For starters, Xylitol looks, and has the same texture as sugar. Side by side, it can be difficult to distinguish one from the other. With regards to taste, Xylitol is sweet, but not nearly as overpowering as

conventional table sugar. Finally, it mixes instantly in beverages and easily takes the place of sugar in baking applications. Despite how similar the two are, Xylitol clearly has a number of health advantages.

For instance, Xylitol has approximately 40% fewer calories than table sugar. At 2.4 calories per gram vs.. 4 calories per gram in conventional sugar, it is easy to see why Xylitol has created such a stir among calorie counters. Moreover, it is absorbed and utilized at a much slower pace than sugar, and therefore does not cause blood sugar and insulin levels to spike in the manner that sugar does. From a metabolic perspective, Xylitol has an extremely low glycemic rating or 7, while refined sugar is closer to 100.

Unlike sugar and high fructose corn syrup, Xylitol does not promote cavities. Studies have shown that when consumed in chewing gums, tooth pastes, oral rinses, mints, and hard candy, Xylitol is a smart choice for individuals concerned with dental health. It is absolutely safe for people of every age, and is now officially endorsed by six International Dental Associations.

Finally, the mouth, middle ear, and upper respiratory systems are prone to a number of harmful infection-causing bacteria. One of the major problems with conventional sugar is that it creates an environment favorable to bacterial growth. Xylitol, on the other hand, can not be utilized by these bacteria. And unlike many commercially marketed artificial sweeteners, Xylitol is a completely natural substance that the body produces every day.

NOW Foods offers one of the most diverse selections of Xylitol in the natural products industry. Be sure to look for it wherever fine health food products are sold.



Alternative Sweeteners from NOW®

Xylitol

This sugar alcohol is certainly no newcomer in the world of alternative sweeteners. It has been used throughout various regions of the world since the 1940's, and is just now getting the attention it so rightly deserves. It has been proven both safe and effective for users of all ages, and is suitable for just about any application that would call for regular table sugar. NOW carries a wide variety of Xylitol products, including pure powders, convenient packets, bulk packages, and more.

Organic Amber Agave Nectar

This natural liquid sweetener is made from the extract of the wild Agave, and is approximately 1½ times sweeter than refined table sugar. With an exotic taste that hints of maple and honey, it is perfect for zesting up cereal, pancakes, and waffles, as well as recipes for baked goods and sauces. NOW® Amber Agave Nectar has a low glycemic index rating, won't solidify at room temperature, and can be used in virtually any application that calls for sugar.

Erythritol

With a sweetness that is approximately 70% that of sucrose, a non-hygroscopic texture that prevents it from clumping, and easy digestibility, it is no surprise that so many now consider Erythritol to be their alternative sweetener of choice. Over the years, numerous studies have helped us better understand the benefits of Erythritol. It is completely safe for teeth, extremely low in calories, does not raise blood sugar levels, has zero "impact" carbohydrates, and is one of the most easily digested of all sugar alcohols.

Organic Turbinado Sugar

Turbinado is a partially-refined sugar, in which approximately two-thirds of the molasses content has been removed. Native to the islands of Hawaii and other tropical regions, Turbinado is dense and crystalline, with a pale color that is similar to brown sugar. With a taste that closely resembles cane sugar, Turbinado is a popular alternative that can easily take the place of conventional sugar.

