

SWEETENERS	
YES	NO
Allulose	(Aspartame)
Boca Sweet (from Kabocha, a Japanese pumpkin)	Agave
Erythritol	Coconut sugar
Inulin	Corn syrup
Just Like Sugar (made from chicory root [inulin, vit C and Calcium])	Diet drinks
Monk fruit	Maltodextrin
Stevia	Maple syrup
Xylitol	NutraSweet
Yacon ("apple of the earth") (main starch is inulin)	Splenda (Sucralose)
Honey (ok if 1 teaspoon per day local or Manuka)	Sugar
	Saccharin