



Pura Vida Foodology Planet-wide

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GOOD SUGAR VS. BAD SUGAR

Not all sugars are created equal.

There are several sweeteners that are full of vitamins, minerals and amino acids that never spike your glycemic index or take you on a rollercoaster. Sweeteners ALWAYS make up the smallest amount of what we eat. Please refer to our Pura Vida Foodology Pyramid for additional information.

The two dry sweeteners we use the most are: [Sucanat](#) or Florida Crystals (1:1 for baking and coconut sugar (to substitute brown sugar). [Florida Crystals Organic Pure Cane Sugar](#)

Four liquid sweeteners we use the most are: Organic Dark Amber Agave syrup, 100% Pure Organic Maple Syrup, Raw Filtered Honey and Blackstrap Molasses.

GOOD SUGAR

Blackstrap Molasses	Dates	Pioncillo
Brown Rice Syrup	Florida Crystals Organic Pure Cane Sugar	Raw Honey
Cinnamon	100% Pure Organic Maple Syrup	Sucanat
Coconut Sugar	Monkfruit Powdered Sugar	Stevia
Date Sugar	Monkfruit Sugar	
Date Syrup	Organic Agave Syrup	

BAD SUGAR

Beet Sugar	Dextrose	Maltose
Acesulfame	Diastatic Malt	Malt Syrup Maltose
Aspartame	Ethyl Maltol	Molasses
Barley Malt	Fructose	Muscovado Sugar
Brown Sugar	Fructose Sweetener	Neotame
Buttercream	Fruit Juice	Panela Sugar
Buttered Sugar	Fruit Juice Concentrate	Powdered Sugar
Cane Juice Crystals	Galatose	Raw Sugar
Cane Sugar	Glucose	Refined Sugar
Caramel	Glucose Syrup Solids	Saccharine
Carob Syrup	Golden Sugar	Sucrose Sugar
Castor Sugar	HFCS	Sugar in the Raw
Confectioners Sugar	High Fructose Corn Syrup	Table Sugar
Corn Sweetener	Honey Pasteurized	Treacle
Corn Syrup	Hydrogenated Corn Syrup	Trehalose
Corn Syrup Solids	Icing Sugar	Turbinado
Crystalline Fructose	Invert Sugar	Turbinado Sugar
Demerara Sugar	Lactose	Yellow Sugar
Dextrine	Levulose	

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez