

Sweeteners, Good, Bad, or Something even Worse.

(Part 10)

These are **Not** diet sweeteners or Low calorie sweeteners

Cane Sugar verses Beet Sugar, there are a lot of people that are concerned as to which one is best. Obviously if you read the previous article about corn syrup you know that I don't think you will find the answer in the current research or on the net as science still can't tell the difference between corn syrup and honey.

Both cane and beet sugar are natural forms of sugar so they can't even be compared to corn syrup and all the variations of corn syrup. But when you compare cane and beet sugar, personally I am a much greater fan of cane sugar than I am of beet sugar for many different reasons. These reasons are difficult to list in a scientific method as science obviously can't tell the difference. However if you just look at the two with a little common logic there are significant differences. Sugar Cane takes far less processing to produce a sweetener than sugar beets and we also know that sugar beets are now all genetically engineered and I don't believe that sugar cane is as corrupted yet.

My mother and step father were both employed by GW sugar for many years which produce beet sugar so I heard a lot about this discussion for many years. I do know that you can purchase pure cane syrup crystals in almost any store and from my personal experience this is the best form of sugar crystals you can buy.

Honey

Real honey is still made the way God created it from the beginning of time. He uses honey bees as the manufacturing process and the final product requires no processing and no adulteration of any kind. Making it about the best form of natural sweetener you can find. Of course honey has a very distinct taste making it less desirable in some uses. To compare honey to corn syrup is just absurd. Unless of course you are talking about some store brand of honey that is made from flavored colored corn syrup. (READ THE LABELS)

Some additional benefits of honey is that there are so many different types of honey. The flowers the bees are gathering their nectar from dictate the flavor, color, and sugar composition of the honey. And finally the pollens found in the local area are contained in honey making local honey therapeutic for seasonal allergies.

Agave

The agave plant is a desert succulent not a cactus as many think. It has been around as a sweetener for thousands of years and requires about as much processing as honey for the finished product. This traditional method of extraction includes warming the crushed plant to 118 degrees and filtering it. Therefore agave extracted in the traditional method is considered a raw product. Agave is naturally fortified with inulin. Inulins are a group of naturally occurring oligosaccharides (several simple sugars linked together) produced by many types of plants. Most plants which synthesize and store inulin do not store other materials such as starch. Inulin is used increasingly in foods, because it has excellent nutritional and functional characteristics. It also increases calcium absorption and possibly magnesium absorption, while promoting probiotic bacteria. Nutritionally, it is considered a form of soluble fiber. Inulin has a minimal impact on blood sugar, making it generally considered suitable for diabetics and potentially helpful in managing blood sugar-related illnesses.

There are many forms of Agave but the Blue Agave is considered the oldest and the most popular form of agave as it is well known for making Tequila. And even though there are over 100 different species of blue agave they are all considered the finest form of agave.

Over all Blue Agave is a very high quality healthy sweetener that has minimal taste making it more desirable than honey for many uses. Agave can even be consumed in moderation by those with blood sugar related health issues.

Now for the down side which is not really a down side to agave but a warning to those that purchase a product with an agave label. We all know that labels and labeling laws are designed to protect the guilty, not the innocent.

We have also heard about the articles that were going around saying that agave was manufactured the same as corn syrup making it basically the same toxic product. I know that there are several much cheaper methods of extracting agave than the traditional method described above and some even as toxic as corn syrup so there is probably some truth to the articles. However if you purchase a quality name brand that has been processed in the traditional manor the way they have been doing it for centuries you will receive a very high quality safe sweetener.

Molasses

Molasses is a viscous by-product of the refining of sugarcane into sugar. The strong taste makes it limited in use as a general sweetener but next to white sugar it is a very complete food as it retains the minerals and some of the vitamins found in sugar cane. This makes it a quality sweetener commonly used in cooking and baking.

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