

A Comparison of Sugars to Table Sugar

Sweetener	Serving size	Calories	Carbs	Other nutrients of note
White (table) sugar	2 tsp	33	8 g	None*
Blackstrap molasses	2 tsp	32	8 g	Manganese (18% DV), copper (14% DV), iron (13% DV), calcium (12% DV), potassium (10% DV), magnesium (7%DV), vitamin B6 (5% DV), selenium (4% DV)
Rapadura	2 tsp	30	8 g	None*
Sucanat	2 tsp	30	8 g	None*
Turbinado sugar	2 tsp	30	8 g	None*
Evaporated cane juice	2 tsp	30	8 g	Riboflavin (3% DV), potassium (1% DV), manganese (1% DV), copper (1% DV), iron (1% DV)
Agave nectar syrup	2 tsp	40	8 g	None*
Brown rice syrup	2 tsp	40	10 g	None*
Honey	2 tsp	43	11 g	None*
Maple syrup	2 tsp	45	9 g	Manganese (22% DV), zinc (4% DV)

The average American consumes 160 pounds a year of sugar. If you must eat sugar, limit your intake.

Note: It only takes 2 tsp of Aspartame to kill a rat. It becomes formaldehyde when heated. Splenda is sugar with an added chlorine molecule. It becomes dioxin when heated. Avoid consuming these artificial sweeteners. Use any of the above natural sweeteners instead.