

GOOD
FOOD

REAL
DEALS

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SWEET TALK

Sifting through all of the natural sugar alternatives on grocery-store shelves can be head-spinning. *Kitchen Cures* author Peggy Kotsopoulos, R.H.N., shares her take on the best substitutes.

YACON SYRUP

This caramel-esque option, extracted from an Andean root, boosts the healthy bacteria count in your colon, so you can absorb vitamins better.

TRY North American Herb & Spice Yac-o-Power (\$30 for 5 fl oz, iherb.com)

COCONUT PALM SUGAR

These light brown crystals are packed with minerals (zinc, magnesium and potassium) and are easier on your liver than once-popular agave nectar.

TRY Sunfood Superfoods Organic Indonesian Coconut Palm Sugar (\$8 for 1 lb, sunfood.com)

RAW HONEY

It has the same floral notes as its processed cousin, but this version boasts tons of antioxidants, phytonutrients and enzymes since it's never been heated.

TRY Y.S. Organic Bee Farms Honey (\$10 for 22 oz, amazon.com)

STEVIA

The popular herb derivative is 100 to 400 times sweeter than regular sugar, so you can get away with using much less, but some people think it has a slightly bitter aftertaste.

TRY SweetLeaf Stevia Sweetener (\$5 for 35 packets, Whole Foods stores)

MONK FRUIT EXTRACT

A vine-ripened melon grown in China and Southeast Asia yields this sweetener. Some studies have shown its antioxidants could help protect against diabetes and cancer.

TRY Monk Fruit in the Raw (\$9 for 4.8 oz, intheraw.com)