

YOUR GUIDE TO

SUGAR ALTERNATIVES

Nuvia

[SIMPLIFYING HEALTH]



THE SUGAR ALCOHOLS

Sorbitol, Maltitol, Xylitol, Erythritol, Isomalt

Contain very few calories

Won't rot your teeth

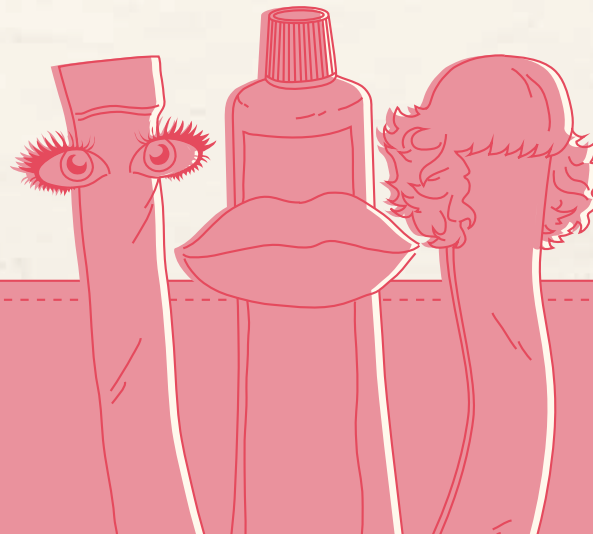
Don't spike blood sugar levels

Naturally derived from fruit

Can cause cramping and bloating

May be a diuretic
[especially maltitol]

HIC!



THE ARTIFICIAL SWEETENERS

Aspartame, Saccharin, Sucralose, Isomalt

Found in chewing gum, soft drinks, cough medicines, toothpaste and diet or low-fat products

Shown to encourage sugar cravings

Links to obesity, type II diabetes and cardiovascular disease

Negative influence on glucose metabolism and insulin levels



THE STEVIA PLANT

Zero calories

Doesn't spike blood sugar levels

Stevia extract is less processed than refined sugar

Smaller carbon and water footprint than sugar

Little effect on the body at all

Naturally very sweet



THE SUGAR SYRUPS

Honey, Agave, Rice Malt Syrup, Maple Syrup

Delicious, natural flavour

Contain a minimal amount of vitamins, minerals, antioxidants and enzymes

High in calories

Spike blood sugar levels

SMALL STEPS EVERY DAY
CREATE
a vibrant life

Nuvia



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Please note this is a guide only. We recommend seeking medical advice for any specific dietary needs.