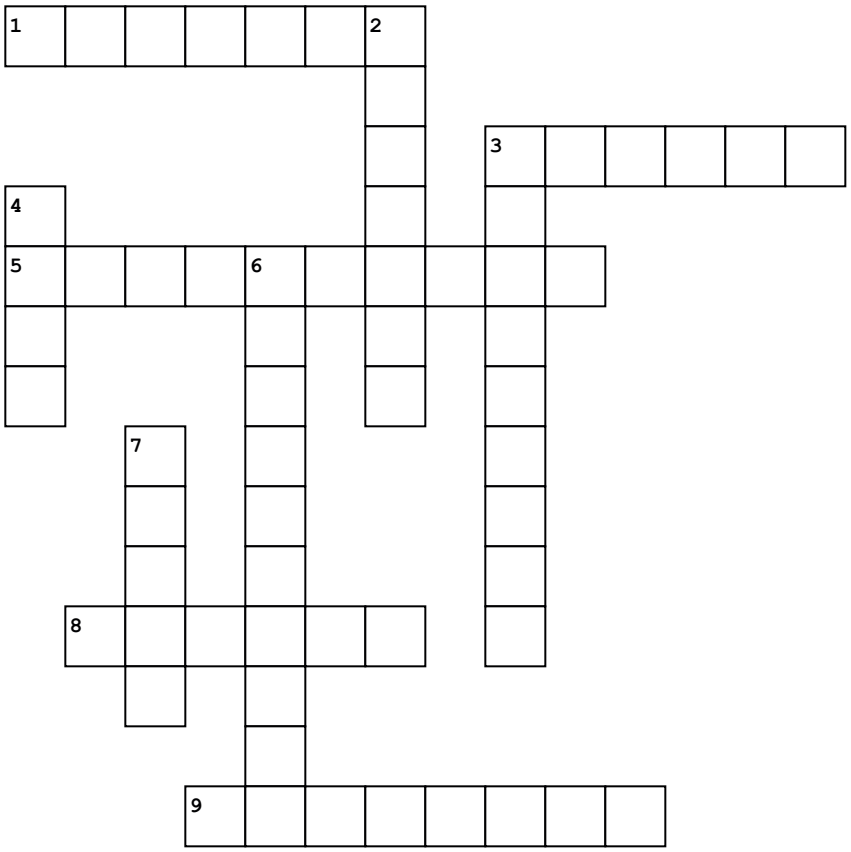
Alternative Sweeteners



Across

1. Slower absorption allows the body to utilize _____ sugars for energy instead of having to store them as fat for later use

3. One tsp of this is equivalent to one cup of sugar

5. Brown Rice Syrup is made by _____ brown rice with special enzymes that break down the natural starch content of the rice

8. Brown Rice Syrup is a natural sweetener with a mild, buttery flavor ideal for use in _____

9. Xylitol has this kind of low index rating of 7, while refined sugar is closer to 100

Down

2. A natural sugar alcohol that has approximately 40% fewer calories than table sugar

3. Stevia is comprised of about 240 species of herbs in this family

4. A manufactured sweeterner that encourages the body to store greater amounts of fat (abbr)

6. A naturally-occurring sugar alcohol derived from corn; naturally found in small amounts in various plants, fruits, fungi & mushrooms

7. Excess consumption may cause headaches, migraines, produce excess digestive tract acidity and many other significant health challenges