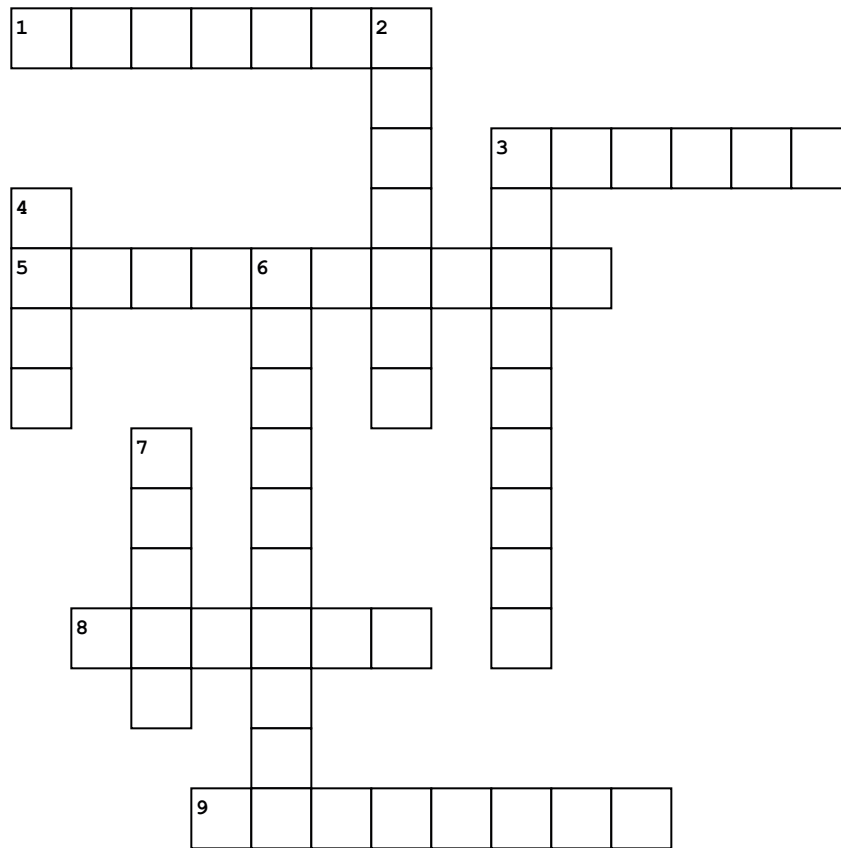


# Alternative Sweeteners



## 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 sweetener 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