

SWEETENERS & ALTERNATIVES

ALTERNATIVE SUGARS 101

A beginner-friendly guide to natural & low-glycemic sweeteners — what they are, and how to use them.

Provided by [Patisserie by M](#)

14

Sweeteners
Explored

GI

Index
Included

100%

Practical
Advice

A NOTE FROM PATISSERIE BY M Inside: 14 sweeteners broken down by glycemic index, calories, and best use — plus a baking swap guide and a where-to-buy

Sugar doesn't have to be the enemy — and switching to alternatives doesn't have to feel overwhelming. This guide walks you through everything simply and clearly, so you feel confident every time you bake or sweeten.

section so you can get started today.

SWEETENER COMPARISON

Low GI means a gentler, slower effect on your blood sugar — a good thing.

SWEETENER	GI	CAL/TSP	BEST USE	NOTES
Honey (raw)	35–58	21	Baking, dressings	Anti-microbial
Maple Syrup	54	17	Pancakes, glazes	Mineral-rich
Coconut Sugar	35	15	Baking 1:1 sub	Low fructose
Medjool Date Paste	42	20	Energy balls	High fibre
Monk Fruit Extract	0	0	Beverages, desserts	Zero calorie
Stevia (pure)	0	0	Drinks, yogurt	Slight aftertaste
Allulose	0	0.4	Baking, beverages	Caramelises well
Swerve	0	0	Baking 1:1 sub	Erythritol blend
Yacon Syrup	1	7	Dressings, smoothies	Prebiotic FOS
Agave Nectar	15	21	Cold uses, cocktails	High fructose
Rice Malt Syrup	98	22	Baking, sauces	Fructose-free
Lucuma Powder	25	10	Smoothies, desserts	Mineral-dense
Blackstrap Molasses	55	17	Baked goods	Iron + calcium
Erythritol	0	0.2	Baking, beverages	90% excreted

● LOW GI (0–20)

● MODERATE (21–55)

● HIGH GI (56+)

WHERE TO FIND THEM

Most of these are easier to track down than you might think.

SWEETENER	COMMON BRANDS	WHERE TO FIND
Allulose	Anthony's, Wholesome	Walmart, Target, Amazon, Whole Foods
Swerve	Swerve	Walmart, Target, Amazon, Kroger, Publix
Monk Fruit	Lakanto, NOW Foods	Whole Foods, Sprouts, Amazon, Target
Coconut Sugar	Nutiva, Big Tree Farms	Most grocery stores, Amazon, Costco
Maple Syrup	365, Coombs, Pure Maple	Everywhere — grocery, Costco, Target
Raw Honey	Local brands, Nature Nate's	Farmers markets, Costco, most grocery
Date Paste / Dates	Medjool brand, Trader Joe's	Grocery stores, Costco, Amazon
Stevia (pure)	SweetLeaf, Truvia	Walmart, Target, Amazon, most grocery
Yacon Syrup	Sunfood, Amazon Basics	Amazon, health food stores, Sprouts
Erythritol	Anthony's, NOW	Whole Foods, Amazon, health stores

BAKING SWAP GUIDE

COCONUT SUGAR

1:1 for white sugar. Slightly less sweet. Darker colour in baked goods.

SWERVE

1:1 for white or brown sugar. Great in cookies and cakes. No aftertaste.

ALLULOSE

3/4 cup per 1 cup sugar. Caramelises beautifully — ideal for sauces and candy.

HONEY / MAPLE

3/4 cup per 1 cup sugar. Reduce liquid by 3 tbs. Lower oven temp by 25F.