



Safe Sugars

- honey
- stevia
- dates
- fruits
- maple syrup
- maple sugar
- coconut sugar
- date sugar
- molasses

Unsafe Sugars

- sucralose
- aspartame
- agave nectar
- nutrasweet
- splenda
- any sugar that is made in a lab and/or hard to pronounce

Sugar is addictive and some people have serious sugar addictions. Instead of eating unhealthy, processed desserts, make your own! And make it healthier. [Here is a link to my free Primal Desserts eBook](#). It's a good place to start for healthier desserts. If you have a sugar craving, try a piece of dark chocolate, or almond butter mixed with coconut oil and honey, or a piece of coconut oil fudge (found in eBook). Choose a healthy sweet and let the craving pass.