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6 Healthiest Natural Sweeteners

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Medical experts have a wide range of opinions on what constitutes a healthy diet.

However, almost all agree on one thing: Eating too much sugar contributes to a host of health problems, including obesity, diabetes, and heart disease.

Both plain table sugar and high fructose corn syrup are equally culpable.

And they're abundant, in sodas, juice drinks, flavored yogurts, cereals, and virtually every processed food, including sauces, soups, many deli meats, hot dogs, and any type of bun or bread.

Even if you never touch dessert, it's easy to eat too much sugar.

Zero-calorie artificial sweeteners are popular in diet products, but studies show that they don't necessarily prevent weight gain. And for some people, they trigger headaches or other adverse reactions. What's more, research has linked them to overeating.

What's left? Natural alternatives.

These sweeteners are the healthiest ways to sate a sweet tooth:

1. Coconut Sugar

Also called coconut palm sugar, it comes from the sap of coconut blossoms. Compared to regular sugar, it is digested more slowly, causing milder upswings in blood sugar and more stable energy. And, it contains potassium, magnesium, zinc, other minerals, vitamin B1, and vitamin C.

How to Use: Substitute for table sugar. It has a slight caramel flavor.