

# 🌿 5 Healthier Sweeteners for Diabetics 🌿

*(Make life sweeter — without the sugar spikes!)*

## 🌿 Stevia

Zero calories, plant-based, and doesn't raise blood sugar.

✅ Best for: Tea, coffee, smoothies.

## 🍈 Monk Fruit Sweetener

Naturally sweet, no calories, diabetic-friendly.

✅ Best for: Baking, desserts.

## 🌸 Erythritol

Tastes close to sugar but has very few calories.

✅ Best for: Baking, candies, low-carb recipes.

## 🍯 Allulose

A rare sugar that doesn't spike blood sugar much.

✅ Best for: Cakes, cookies, and syrups.

## 🌿 Xylitol

Sweetens like sugar and is good for dental health!

✅ Best for: Chewing gums, desserts, or coffee.

## ✅ Quick Reminder:

*Always check product labels! Some sweeteners are mixed with regular sugar.*

## ✅ Share the Sweetness!

*Save this sheet and send it to someone who deserves healthy sweetness!*



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