

## Enjoying The Sweet Life Without White Sugar

[http://www.marinfo.org/Healthcare/Sweeteners\\_and\\_Glycemic\\_Index.htm](http://www.marinfo.org/Healthcare/Sweeteners_and_Glycemic_Index.htm)

[https://www.researchgate.net/publication/285406560\\_Effects\\_of\\_Different\\_Levels\\_of\\_Refined\\_Cane\\_Sugar\\_and\\_Unrefined\\_Coconut\\_Palm\\_Sugar\\_on\\_the\\_Survivability\\_of\\_Lactobacillus\\_acidophilus\\_in\\_Probiotic\\_Ice\\_Cream\\_and\\_its\\_Sensory\\_and\\_Antioxidant\\_Properties](https://www.researchgate.net/publication/285406560_Effects_of_Different_Levels_of_Refined_Cane_Sugar_and_Unrefined_Coconut_Palm_Sugar_on_the_Survivability_of_Lactobacillus_acidophilus_in_Probiotic_Ice_Cream_and_its_Sensory_and_Antioxidant_Properties)

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4358083/>

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[https://www.researchgate.net/publication/307978348\\_Detection\\_of\\_Inulin\\_a\\_Prebiotic\\_Polysaccharide\\_in\\_Maple\\_Syrup](https://www.researchgate.net/publication/307978348_Detection_of_Inulin_a_Prebiotic_Polysaccharide_in_Maple_Syrup)

[https://www.researchgate.net/publication/333983618\\_Palm\\_Sap\\_Sugar\\_A\\_Review](https://www.researchgate.net/publication/333983618_Palm_Sap_Sugar_A_Review)

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<https://foodstruct.com/food/apricot>

<https://www.healthline.com/nutrition/lucuma-benefits>