

# QUICK START GUIDE TO KETO

---

## A GUIDE TO SWEETENERS ON KETO

While most sweeteners should be avoided during keto, there are a handful of keto-friendly ways to sweeten your occasional keto treats. Sweeteners can go by many names so make sure to read the labels on any packaged foods you're eating and make sure none of the sweeteners to avoid are hidden in your foods!

As a note, it's best to limit all forms of sweeteners (even keto-approved sweeteners) as all sweeteners can trigger cravings for sweet foods, making your keto journey more difficult than it needs to be. So use them as sparingly as possible!

### KETO-FRIENDLY SWEETENERS

Monk Fruit (Luo Han Guo)  
Stevia  
Erythritol  
Xylitol

### SWEETENERS TO AVOID

Agave Syrup  
High-Fructose Corn Syrup  
Rice Malt Syrup  
Barley Malt Syrup  
Birch Syrup  
Blackstrap Molasses  
Brown Rice Syrup  
Cane Juice  
Caramel  
Coconut Palm Sugar  
Corn Sugar  
Corn Sweetener  
Corn Syrup  
Honey  
Sugar

HFCS-42  
HFCS-55  
HFCS-90  
High Maltose Corn Syrup  
HSH  
Inverted Sugar  
Levulose  
Maltodextrin  
Maltose  
Palm Sugar  
Rapadura  
Sucrose

#### Artificial Sweeteners/Sugar Alcohols to Avoid

Aspartame  
Sweet'N Low  
Sucralose

Saccharin  
Saccharose  
Sorbitol