

SUGAR vs. SWERVE™

The Sweet Truth

Got a sweet tooth? You're not alone. The average American eats more than 200 pounds of sugar per year! While tasty treats may make life sweet, sugar doesn't do a body good. Excess sugar gets stored as fat, which results in weight gain and an increased risk of heart disease and cancer. Research has found evidence that sugar consumption also interferes with immune function and cortisol levels. So, ditch the sugar, and find your sweetness in

all natural
Swerve™
the perfect sugar alternative

Swerve™ makes it possible to create indulgences that are truly **guilt free** and appropriate for **diabetes**, **weight management** and anyone looking to **control** their **blood sugar** for better overall health.

INNOVATIVE APPLICATIONS:

Nut Roaster

- Candied Nuts

Frozen

- Ice Cream
- Gelato
- Sorbets

Coffee/Tea Bar

- Table Top sweetener
- Blended Frozen Drinks
- Coffee Flavorings

Smoothie Bar

- Smoothies
- Shakes
- Blended Fruit Juices
- Frozen Coffee Drinks

Confectionery

- Chocolate
- Coating
- Fondant
- Candies

Bakery

- Cakes
- Cookies
- Pies
- Cheesecakes
- Breads
- Biscuits
- Cream Filling
- Bakery Cream
- Icings

Prepared Foods

- Cranberry Sauce
- Candied Yams
- Chutney
- Carrot Soufflé
- Chilis
- Soups
- Dressings
- Sauces
- Candied Nuts
- Desserts

