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Aquarium Fish Nutrition | Fish Food Information & Aquatic Health Ingredients & Analysis needed for Optimum Fish Disease Resistance, Growth and Health; How to Determine the Best Fish Foods. From AAP Library Now there are sweeteners that do have some nutrition. This new article in the Journal of the American Dietetic Association measured the antioxidant content of a whole list. Which is healthier? In alphabetical order: agave nectar, blackstrap molasses, brown rice syrup, corn syrup, date sugar, dark brown sugar, light brown sugar, maple syrup, honey, raw cane sugar, plain old sugar sugar, or ... Below is an approximation of this video's audio content. To see any graphs, charts, graphics, images, and quotes to which Dr. Greger may be referring, watch the above video. Andrew Thomas Weil (/ w a? l /, born June 8, 1942) is an American celebrity doctor who is a physician, author, spokesperson, and broadly described "guru" of the alternative medical brands: holistic health and integrative medicine, whose name also constitutes an emerging brand of healthcare services and products in these fields.. Weil became interested in the ideas and practices of ...