



Diet Drinks

Non-Caloric Sweeteners

Sugar substitutes offer the sweet taste of sugar:

- Without providing calories
- Without impacting blood glucose levels
- Without promoting cavities



Sweetener	Common Names	Contact Information
Aspartame	Equal (blue packet) NutraSweet NatraTaste	NutraSweet 1-800-323-5316 www.nutrasweet.com
Saccharin	Sweet'n Low (pink packet) Sugar Twin Necta Sweet Sweet Thing	Sweet'n Low 1-800-221-1763 www.sweetnlow.com
Acesulfame-K	Sweet One Sunette Sweet & Safe	Sweet One 1-800-544-8610 www.sweetone.com
Sucralose	Splenda (yellow packet)	Splenda 1-800-775-3632 www.splenda.com
Neotame		Neotame Co. www.neotame.com

- ◆ FDA has established acceptable daily intakes for the above sweeteners.
- ◆ Actual intakes by Americans tend to be well below what is deemed safe.
- ◆ *None* of the above sweeteners has been associated with causing cancer in humans.
- ◆ The above sweeteners (except Saccharin) have been approved for use in pregnancy.

Stevia	This naturally sweet herb has been used in other countries for centuries. It is not FDA approved for use as a sweetener, but it can be purchased as a "dietary supplement" in many health food stores. Stevia comes in powder, liquid and tablet form. It doesn't provide calories or impact blood glucose.
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Regular Soft Drinks

Caloric Sweeteners



- Provide calories
- Impact blood glucose levels
- May promote cavities

Common Names of Caloric Sweeteners

dextrose	white sugar	molasses
fructose	brown sugar	honey
glucose	cane sugar	corn syrup
maltose	powdered sugar	syrup
sucrose	raw sugar	maple syrup
table sugar	agave nectar	high fructose corn syrup

- One tablespoon of sugar, honey, or syrup has about 15 grams of carbohydrate.
- One teaspoon has about 5 grams of carbohydrate.
- Every gram of carbohydrate has about 4 calories.

Common Names of Sugar Alcohols

sorbitol	xylitol	erythritol	isomalt
mannitol	maltitol	lactitol	hydrogenated starch hydrolysates

- Products may be labeled *sugar-free* or *no sugar added* because sugar alcohols are not technically sugar. But, they are carbohydrates, convert to glucose, and provide calories.
- Sugar alcohols may cause gas, cramping, and diarrhea.

Food Label Definitions

No Sugar Added	No sugar added during food processing (may still have natural food sugars)
Sugar-free	Less than half a gram of sugar per serving
Reduced Sugar	The sugar content of the food has been reduced by at least 25%

Reference: Position of the American Dietetic Association: Use of Nutritive and Nonnutritive Sweeteners. J Am Diet Assoc. 2004;104:255-275

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