

Sweeteners

Sugar Substitutes

Sugar substitutes taste like sugar, but have no calories or carbohydrates. They don't contribute to weight gain, don't cause cavities and don't raise blood sugar levels. Since sugar substitutes are many times sweeter than sugar, only small amounts are needed to sweeten foods and beverages. All, except saccharin, are approved as safe for use during pregnancy.



Generic Names	Product Names and Details	Contact Information
Acesulfame - K	<ul style="list-style-type: none"> • Sweet One, Sunett, Sweet & Safe • Can be used in baking • Is made from potassium 	Sweet One 1-800-544-8610 www.sweetone.com
Aspartame	<ul style="list-style-type: none"> • Equal, NutraSweet, NatraTaste • Loses its sweetness at high temperatures so not ideal for baking • Is made from 2 amino acids (natural building blocks of protein) 	NutraSweet 1-800-323-5316 www.nutrasweet.com
Neotame	<ul style="list-style-type: none"> • Neotame • Can be used in baking • Is made from 2 amino acids, (natural building blocks from protein) 	Neotame Co. www.neotame.com
Saccharin	<ul style="list-style-type: none"> • Sweet'n Low, Sugar Twin, Necta Sweet, and Sweet Thing • Loses its sweetness at high temperatures so not ideal for baking • Is made from benzoic sulfimide 	Sweet'n Low 1-800-221-1763 www.sweetnlow.com
Stevia	<ul style="list-style-type: none"> • Stevia in the Raw, PureVia, Truvia, and Sweet Lead • Can be used in baking • Is made from the leaves of a plant 	Stevia www.steviaextractintheraw.com 1-800-611-7434
Sucralose	<ul style="list-style-type: none"> • Splenda • Can be used in baking • Is made from sugar 	Splenda 1-800-777-5363 www.splenda.com

Sugar Alcohols

Sugar alcohols are modified forms of sugar. They are used to sweeten candies, chewing gum, pudding, ice cream and cookies. Foods made with sugar alcohol are often labeled “sugar-free” or “no sugar added” because sugar alcohol is not technically sugar. However, sugar alcohols do provide calories and carbohydrate. In some users, these sweeteners can lead to gas, cramping, bloating and diarrhea. Below are some of the names that indicate sugar alcohol.

Arabitol	Maltitol
Erythritol	Mannitol
Hydrogenated starch hydrolysates	Sorbitol
Isomalt	Tagatose
Lactitol	Xylitol

Sweeteners with Calories



Sweeteners such as sugar and honey have carbohydrates and calories and can raise blood sugar levels as well as contribute to dental cavities.

1 Tablespoon = 15 grams of carbohydrate = 60 calories

1 teaspoon = 5 grams of carbohydrate = 20 calories

Agave nectar	Dextrose	Honey	Raw Sugar
Brown rice syrup	Evaporated cane juice	Maltose	Sucrose
Brown sugar	Fructose	Maple syrup	Syrup
Cane sugar	Glucose	Molasses	Turbinado sugar
Corn syrup	High fructose corn syrup	Powdered sugar	White sugar

Spotlight on Agave Nectar

Agave nectar is made from the natural syrup found in the agave plant, a plant similar to a cactus. Agave nectar has a lower glycemic index than sugar which means it doesn't raise blood sugar levels as high as sugar does.




Reading Food Labels

Label Phrase	Definition
No-Sugar-Added	No extra sugar is added during food processing, but the food may naturally contain sugars.
Sugar-Free	The food has less than 0.5 grams of sugar per serving.
Reduced Sugar	The sugar content of the food has been reduced by at least 25%, compared to the original product.

Fruit and milk contain natural sugars (fructose in fruit and lactose in milk). Naturally occurring sugars are listed as “sugars” on the food label. For example see the milk label below.

Nonfat Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	



You can see if a food has **extra sugar added** by reading the ingredients list. For example, the ingredient list for plain yogurt will include milk. A sweetened yogurt list includes added sugars such as honey, sugar, or corn syrup.

Frequently Asked Questions



Are sugar substitutes safe?

Sugar substitutes have been thoroughly tested by The Food and Drug Administration (FDA) and have been established as safe for use as tabletop sweeteners or as ingredients in foods and beverages.

Do sugar substitutes cause cancer?

No, studies show that sugar substitutes do not cause cancer in humans.

Is there a limit to how much sugars substitute I should use?

The FDA has established acceptable daily intakes (ADI) for all approved sugar substitutes. These levels are much higher than the amount eaten by the typical American. For example, the ADI for sucralose is 5 mg per kg of body weight per day. This means that a 60 kg (132 lb) woman can eat up to 300 mg of sucralose a day – which is the same as 45 packets of Splenda! The ADIs for other sugar substitutes are even higher.

Are sugar alcohols safe?

The FDA has tested sugar alcohols and their safety is well established. However, some people have trouble digesting sugar alcohol. Gas, bloating or diarrhea may occur at higher doses.

Is it okay to eat regular sugar?

Yes, it is okay to include sugar in modest amounts as long as your diet is well-balanced with healthy foods. People with diabetes may have further restrictions depending on blood sugar control.

Do some sweeteners have a lower glycemic index?

Sugar substitutes have a glycemic index (GI) of zero, since they do not have calories. Sugar alcohols have a lower glycemic index than sugar because they are not completely absorbed by the body. Below is a table listing the glycemic indexes of the most common sweeteners. The lower the GI, the less the sweetener tends to affect blood sugar levels.

Sweetener	Glycemic Index
Lactitol	2
Xylitol	8
Agave nectar	27
Fructose	32
Honey	83
White sugar	92
Glucose	137
Maltose	150

Key to GI Values	
Low GI	55 or less
Medium GI	56-69
High GI	70 and above