

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 alcohols. 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