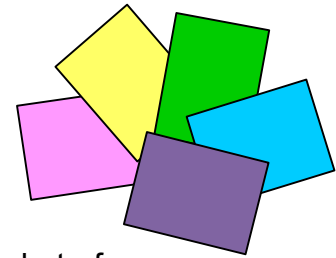


# Sweeteners



## Sugar Substitutes

Sugar substitutes taste sweet but they are calorie-free and carbohydrate-free. They do not cause weight gain or cavities and do not raise blood sugar levels. Check websites or call companies for recipes and product information.

Generic Names	Product Names and Details	Contact Information
<b>Acesulfame - K</b>	<ul style="list-style-type: none"><li>• Sweet One, Sunett</li><li>• Heat stable so can be used in baking</li><li>• Is made from potassium, but does not raise blood potassium levels.</li></ul>	Sweet One 800-544-8610 <a href="http://www.sweetone.com">www.sweetone.com</a>
<b>Aspartame</b>	<ul style="list-style-type: none"><li>• Equal, NutraSweet, NatraTaste</li><li>• Loses its sweetness at high temperatures so is not ideal for baking</li><li>• Is made from 2 amino acids (natural building blocks of protein)</li></ul>	NutraSweet 800-323-5316 <a href="http://www.nutrasweet.com">www.nutrasweet.com</a>
<b>Saccharin</b>	<ul style="list-style-type: none"><li>• Sweet'N Low</li><li>• Heat stable so can be used in baking</li><li>• First use was 1886</li></ul>	Sweet'n Low 800-221-1763 <a href="http://www.sweetnlow.com">www.sweetnlow.com</a>
<b>Stevia</b>	<ul style="list-style-type: none"><li>• Stevia in the Raw, Purevia, Truvia</li><li>• Heat stable so can be used in baking</li><li>• Is made from the leaves of a plant</li></ul>	Stevia <a href="http://www.stevia.com">www.stevia.com</a> 800-611-7434
<b>Sucralose</b>	<ul style="list-style-type: none"><li>• Splenda</li><li>• Heat stable so can be used in baking</li><li>• Is made from sugar</li></ul>	Splenda 800-777-5363 <a href="http://www.splenda.com">www.splenda.com</a>

**Safety Note:** The sugar substitutes listed here have been well studied and are approved for use by the Food and Drug Administration (FDA).

- ✓ The American Cancer Society wrote a position statement (2009) that says there is no clear evidence that these sweeteners are associated with cancer risk in human beings.
- ✓ The American Diabetes Association (2008) says these sweeteners are safe when consumed within the daily intake levels studied by the FDA.
- ✓ The Academy of Nutrition and Dietetics position paper (2012) says that all of these are determined to be safe.

# Sugar Alcohols

Sugar alcohols are carbohydrates, but provide fewer calories than sugar. They have less impact on blood glucose than other carbohydrates. Used to sweeten candies, chewing gum, pudding, ice cream, cookies and syrups, items made with sugar alcohol can be labeled “sugar-free” or “no sugar added.” Check food labels to note calories, fat, and carbohydrate count, because the sugar-free version may be similar to the regular product.

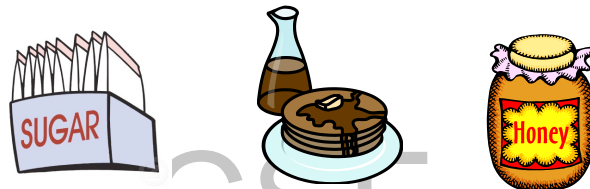
- Mannitol
- Sorbitol

These sugar alcohols may cause gas, cramping or diarrhea in some users. Products sweetened with mannitol or sorbitol must carry a label warning of risk for laxative effect.

The following sugar alcohols hold less risk for laxative effect if used in moderation:

- Erythritol
- Glycerol
- Hydrogenated Starch Hydrolysates (HSH)
- Isomalt
- Lactitol
- Maltitol
- Xylitol

## Sweeteners with Calories



The sweeteners in the table below are concentrated carbohydrates. Eaten in excess these can raise blood glucose levels as well as contribute to weight gain and dental cavities.

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

**Counting carbohydrates in the sweeteners listed in the table above:**

- 1 teaspoon = 5 grams of carbohydrate
- 1 Tablespoon = 15 grams of carbohydrate
- ¼ cup = 60 grams of carbohydrate

### Agave Nectar

Agave nectar is made from the natural syrup found in the agave plant. It has less effect on blood glucose than many other sugars and syrups.

