



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.

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|---------------|---|
| 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

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|----------------|--|
| 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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