

Non-Caloric Sweeteners



Diet Drinks



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	<ul style="list-style-type: none"> • Equal (blue packet) • NutraSweet • NatraTaste 	NutraSweet 1-800-323-5316 www.nutrasweet.com
Saccharin	<ul style="list-style-type: none"> • Sweet'n Low (pink packet) • Sugar Twin • Necta Sweet • Sweet Thing 	Sweet'n Low 1-800-221-1763 www.sweetnlow.com
Acesulfame-K	<ul style="list-style-type: none"> • Sweet One • Sunette • Sweet & Safe 	Sweet One 1-800-544-8610 www.sweetone.com
Sucralose	<ul style="list-style-type: none"> • Splenda (yellow packet) 	Splenda 1-800-775-3632 www.splenda.com
Neotame	Soon to be released	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

Caloric sweeteners:

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



Common Names of Caloric Sweeteners

Dextrose
Fructose
Glucose
Maltose
Sucrose

Brown Sugar
Cane Sugar
Powdered Sugar
Raw Sugar

Table Sugar
White Sugar
Molasses
Honey

Corn Syrup
High Fructose Corn Syrup
Maple Syrup
Syrup
Agave Nectar

- 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
Mannitol

Xylitol
Maltitol

Erythritol
Lactitol

Isomalt
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%