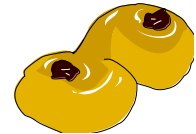
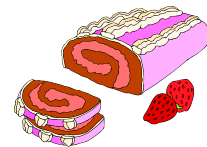




## What are they?

- **Saccharin** - 350 times sweeter than sugar
  - Sugar is sucrose (sucrose-16 calories per teaspoon/4 gm.CHO (carbohydrate))
- **Fructose** - 4 calories per gram as Carbohydrates and Proteins/11 calories per teaspoon (t.), 3 gms. CHO (Carbohydrate), counts as part of the calorie count
  - 80% sweeter than sucrose - cold/acid medium
  - Causes less of a rise in blood sugar, excessive amounts increase LDL cholesterol
  - High consumption in infants leads to irritability, insomnia, hypertonia, opisthotonos, strabismus, hypersensitivity is a risk, no longer associated with cancer
- **Sucralose/Splenda**- made from sugar, 600 times sweeter, used like sugar
  - Used in baked goods, mixes, beverages, chewing gum, dairy, frosting, jams, confections, beverages, salad dressings, and most any way imaginable
- **Acesulfame K (Sunett)**- 200 times sweeter than sucrose/sugar, best for baking
- **Aspartame/NutraSweet**- 180 times sweeter than sucrose (contains phenylalanine), 4 calories per t.
  - Potential Side Effects- headache, seizures, nervousness, dizziness, memory impairment, nausea, depression, temper outbursts, homozygotes with strict dietary restrictions should avoid aspartame
- **Sorbitol** - 50 times as sweet as sugar, sugar alcohol
- **Xylitol** - 16 calories per teaspoon/4 grams CHO (Carbohydrate)
- **Stevioside**- used for diabetic, PKU, obese patients for weight loss
- **Sugar Alcohols**- natural sugars with calories, slow absorption, < 60 gms./day, excess is converted to glucose, simple sugar raises blood sugar, limits fat release- **Sorbitol, Mannitol, Zylitol in sugarless gum/candy**
- **Tagatose**- levo-sugar, tastes like regular sugar, can't be used as energy, large amounts cause GI distress with nausea, diarrhea, flatulence



## Why choose an artificial sweeteners?

- **Helps reduce Calories, Glycemic Index**- reduces tooth decay, used in Diabetic diets
- Tastes sweet and clean without the calories

## Information:

- **Nutritive**- no evidence that nutritive sweeteners as corn syrup, honey, molasses, and dextrose have an advantage over sucrose in improving blood sugar
  - Sugar alcohols as mannitol, sorbitol, xylitol seem to lower blood sugar more than sucrose, if too much act as a laxative
- **Nonnutritive** - saccharin, sucralose, acesulfame K, aspartame safe if diabetic or weight reduction

## What can I do?

- **See your Health Care Provider**
- **See a Registered Dietitian or a FFF Registered Dietitian on line**

