

Artificial Sweeteners



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.
- Non-nutritive - 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 Food Fitness First® Registered Dietitian Online.

