



Artificial Sweeteners



What are they?

***Non Nutritive-** saccharin, sucralose, acesulfame K, aspartame-
-safe for diabetics or weight reduction

***Saccharin-** 350 times sweetener than sugar

-Sugar- is sucrose (sucrose-16 calories per teaspoon/4 gm.CHO (carbohydrate))

***Sucralose/Splenda-** made from sugar, 600 times sweeter than sugar; 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. (teaspoon)

***Nutritive-** no evidence that nutritive sweeteners such as corn syrup, honey, molasses, and dextrose have an advantage over sucrose in improving blood sugar

-Sugar Alcohols- mannitol, sorbitol, xylitol seem to lower blood sugar more than sucrose, if too much, acts as a laxative

- natural sugars with calories, slow absorption, < 60 gms./day, excess is converted to glucose, simple sugar raises blood sugar, limits fat release

-Sorbitol- 50 times as sweet as sugar

-Xylitol- 16 Calories per teaspoon/4 grams CHO (Carbohydrate), sugarless gum and candy

***Tagatose-** levo-sugar, tastes like regular sugar, can't be used as energy, large amounts cause GI distress with nausea, diarrhea, flatulence

***Potential Side Effects-** headache, seizures, nervousness, dizziness, memory impairment, nausea, depression, temper outbursts; neurological risk, enlarged liver/kidney

-Sweeteners- all currently available are considered safe for use

Why choose an artificial sweeteners?

***Helps Reduce-** calories, glycemic index, reduces tooth decay, used in Diabetic diets

***Tastes-** sweet and clean without the calories

What can I do?

***See a Physician**

***See a Registered Dietitian-** or a FFF Registered Dietitian on line



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