

Artificial Sweeteners

WHAT IS AN ARTIFICIAL SWEETENER?

Artificial sweeteners are products that add sweetness with little to no calories. They are often times sweeter than regular table sugar. Using artificial sweeteners in moderation may help limit calorie and sugar intake allowing for better weight management, blood glucose control and prevention of cavities.



TYPES OF ARTIFICIAL SWEETENERS

Sweetener Name	Common Name	Times Sweeter than Table Sugar
Acesulfame-K	Sunset or Sweet One	200 x sweeter
Aspartame	Equal	200 x sweeter
Erythritol	Erythritol	.7 x sweeter
Saccharin	Sweet 'N Low	450 x sweeter
Stevia	Truvia or Stevia in the Raw	300 x sweeter
Sucralose	Splenda	600 x sweeter

SWEETENER SPOTLIGHT: STEVIA

- Stevia is a natural sugar substitute and is made from the leaves of the stevia plant.
- Stevia is calorie and carbohydrate free.
- Stevia provides an option for those concerned about chemically-made artificial sweeteners.

FOODS COMMONLY CONTAINING ARTIFICIAL SWEETENERS

- Light or nonfat flavored drinks
- Diet drinks (soda, iced tea, lemonade)
- Candy
- Energy or protein bars
- Yogurt
- Reduced sugar condiments (ketchup, jelly, jam, etc.)

