

Sugar Substitutes

There are four categories of sugar substitutes, which are also called artificial sweeteners:

Saccharin

Saccharin sweeteners are very stable for baking, but leave a bad aftertaste when used in large amounts. Sweet n' Low, Sweet Twin and Sugar Twin are saccharin-based sweeteners. **Women are advised not to consume saccharin during pregnancy.**

Aspartame

Aspartame has very little aftertaste, but it loses its sweet taste when heated. Equal, Nutrasweet and Natrataste are aspartame-based sweeteners.

Acesulfame potassium

Acesulfame potassium is more stable when heated than aspartame and has less aftertaste than saccharin. Sweet One, Swiss Sweet and DiabetiSweet are acesulfame potassium-based sweeteners.

Sucralose

Sucralose is a new artificial sweetener that is made from sugar that has undergone certain chemical changes. It has the same volume and taste as sugar and it is stable when heated to high temperatures. Splenda is a sucralose-based sweetener.

These four substances were tested for years before manufacturers were permitted to add them to foods. They have been determined by the Food and Drug Administration to be safe for human consumption. One exception is people who are born with a very rare condition called phenylketonuria. These people cannot metabolize foods that contain large amounts of phenylalanine, one of the ingredients in aspartame. They need to avoid aspartame as well as many other foods.

There have been some scary reports on the Internet about artificial sweeteners and health risks. These reports have been found to be hoaxes. Look for information about food safety from reliable sources, such as the American Dietetics Association (www.eatright.org), the American Diabetes Association (www.diabetes.org), and the American Association of Diabetes Educators (www.aadenet.org).



Check out these sugar substitute websites:

www.equal.com
www.sweetnlow.com
www.nutrasweet.com
www.natrataste.com
www.sweetone.com
www.splenda.com
www.diabeticproducts.com/diabetisweet.htm