

Sugar Substitutes

For those with **Diabetes**, artificial sweeteners can give food and beverages that great sweet taste without affecting blood sugar.

Using these sweeteners instead of sugar is a **safe and easy** way to reduce the number of calories you take in.



Equal is one of the most recognized zero-calorie sweeteners in the US that has been approved by the FDA. The sweet ingredient in Equal is aspartame, a calorie and sugar free chemical that gives the sweet flavor without increasing blood sugar.



Splenda provides hardly any calories compared to sugar. Unlike other artificial sweeteners, sucralose is heat stable up to 450° F so Splenda can be used as a replacement for table sugar in cooking and baking.



Sweet 'n Low was first introduced in 1957 as a calorie free substitute for sugar. It contains the sweetener Saccharin which is 300-500 times sweeter than sugar, therefore, very little is needed.



Truvia is a natural calorie-free sweetener made from rebiana. Rebiana is found in the leaves of the stevia plant. Stevia has been grown in South America for over 200 years and was approved only recently in the United States.

* Avoid using excessive amounts, may have laxative effects.