TOPIC: ALTERNATIVE SWEETENERS

Alternative Sweeteners

- Research has shown that *limited* use of _____ *sweeteners* is not harmful.
- **Alternative (or Nonnutritive) Sweeteners:** sugar *substitutes* that provide *fewer* or _____ calories/energy.
  - Can be synthetic or naturally derived - often hundreds/thousands of times sweeter than sugar.
  - Used to manage caloric-intake, blood glucose levels, & weight gain, although weight-gain role is _____.
  - **Acceptable Daily Intake (ADI):** estimated daily _____ amount of sweetener that can be consumed.

Alternative Sweetener Name	Relative Sweetness (Compared to Sugar)	Acceptable Daily Intake (ADI) Per kg Body Weight
Sac Saccharin The "Pink Packet"	300 – 400X	5 mg
Suc Sucralose The "Yellow Packet"	~600X	5 mg
Ste Stevia	200 – 300X	4 mg
Ace Acesulfame-K	~200X	15 mg
Asp Aspartame The "Blue Packet"	~180X	40-50 mg

EXAMPLE

Which of the following statements is true?

a) All alternative sweeteners contain 0 calories.

b) Alternative sweeteners should be avoided as part of a healthful diet.

c) Not all alternative sweeteners approved by the FDA are safe to consume in moderation.

d) Although they offer fewer calories than real sugars, research is still being undertaken to determine if alternative sweeteners actually help people lose weight.

PRACTICE

True or false: if false, choose the answer that best corrects the statement.

Calorie-free sweeteners are often hundreds or thousands of times sweeter than sucrose (table sugar).

a) True.

b) False; they are usually the same level of sweetness as sucrose.

c) False; they are usually only 2-5 times sweeter than sucrose.

d) False; they are usually 10-20 times sweeter than sucrose.