

Artificial Sweeteners- Not a safe choice

Acesulfame K (Sunett, Sweet One), *Aspartame* (Equal, NutraSweet), *Neotame*,
Saccharin (Sugar Twin, Sweet'n Low), *Sucralose* (Splenda)

Recent studies suggest that artificial sweeteners are no longer the healthy alternatives to sugar. In fact, they may increase your risk for diabetes and weight gain.

Artificial sweeteners are currently ranked as "AVOID," by the [Center for Science in the Public Interest](#). Avoid means the product is unsafe or poorly tested and not worth any risk.

Sugar Alcohols- Better choice

Erythritol, *Hydrogenated starch hydrolysate*, *Isomalt*, *Lactitol*, *Maltitol*, *Mannitol*, *Sorbitol*,
Xylitol

Sugar alcohols are carbohydrates. They can still raise your blood sugar, but not as much as regular sugar. They can cause gas and bloating.

Novel Sweeteners- Better choice

Stevia extracts (Pure Via, Truvia) Stevia is made from a compound of the stevia plant. It is 200-300 times sweeter than sugar. Stevia doesn't have any calories and generally doesn't raise blood sugar levels. It may cause bloating and gas and has an aftertaste.

Tagatose (Naturlose)- Tagatose is a low-carbohydrate sweetener that occurs naturally but is also manufactured from lactose in dairy products.

Trehalose - Trehalose is a sweetener found naturally in mushrooms.

Monk fruit- Monk fruit is a small green gourd that resembles a melon. Monk fruit extract is 150-200 times sweeter than sugar and contains zero calories, carbohydrates, sodium and fat. It doesn't raise blood sugar and there is no evidence showing it has negative side effects to date.

Resource: Mayo Foundation for Medical Education and Research

<https://www.healthline.com/health/food-nutrition/monk-fruit-vs-stevia#takeaway>

<https://www.thediabetescouncil.com/the-relationship-between-diabetes-and-sweeteners/>

<https://www.medpagetoday.com/reading-room/endocrine-society/diabetes/74571>

