

Sweeteners and Diabetes

Sweeteners (like sugar, Equal®, sorbitol) are added so that foods taste sweeter. Some sweeteners have carbohydrate in them and some do not. Sweeteners that contain carbohydrate will raise blood sugar.

Artificial Sweeteners <i>(no calories)</i>		Sugar Alcohols <i>(have calories)</i>	Sugars <i>(have calories)</i>
<ul style="list-style-type: none"> • Do NOT have carbohydrate • Do not raise blood sugar 		<ul style="list-style-type: none"> • Have carbohydrate • May raise blood sugar 	<ul style="list-style-type: none"> • Have carbohydrate • Raise blood sugar
Scientific Name	Common Name	Hydrogenated starch hydrolysates:	<ul style="list-style-type: none"> • Agave nectar • Corn sweetener • Corn syrup • Date sugar • Dextrose • Evaporated cane juice • Fructose • Glucose • High fructose corn syrup • Honey • Invert sugar • Lactose • Malt, maltose, malt sugar, malt syrup • Maple syrup, maple sugar • Molasses • Raw sugar • Rice syrup • Sucrose • Turbinado sugar
Acesulfame K	Sweet One®, Sunette®	<ul style="list-style-type: none"> • Isomalt • Lactitol • Maltitol • Mannitol • Sorbitol • Xylitol • Erythritol <p>May cause gas, diarrhea, and cramping.</p>	
Aspartame	Equal®, Nutrasweet®, NatraTaste®		
Saccharine	Sugar-Twin®, Sweet'n'Low®, Sucaryl®, Sweet 10®		
Sucralose	Splenda®		
Stevia/ Rebaudioside	Sweet Leaf®, Sun Crystals®, Steviva®, Truvia®, Purevia®		
Neotame	None (used as food additive only)		

Sweeteners and Food Labels

Be aware of the total carbohydrate in foods that use sweeteners. Many foods that say “sugar-free” or “no sugar added” have carbohydrates in them. These foods may contain carbohydrate in the form of starch or sugar alcohols and will raise your blood sugar.

Look at the **TOTAL CARBOHYDRATE**. Total carbohydrate includes starch, dietary fiber, sugars, and sugar alcohol.

Nutrition Facts	
Serving Size 1 bar	
Servings Per Container 12	
Amount Per Serving	
Calories 90	
Total Fat 1.5g	
Saturated Fat 1g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 10mg	
Sodium 70mg	
Total Carbohydrate 15g	
Dietary Fiber 0g	
Sugars 4g	
Sugar Alcohol 4g	
Protein 4g	

The ingredients list will tell you which type of sweetener is in the food.

Ingredients: whole milk, condensed skim milk, water, polydextrose, sorbitol, cocoa, milk protein, aspartame, vanilla

DIETARY FIBER does not raise blood sugar and can be subtracted from the total carbohydrate.

SUGARS will raise blood sugar.

SUGAR ALCOHOL may raise blood sugar. About half of the amount of sugar alcohol will turn to sugar in the blood.

Food Label Definitions	
Sugar-Free	Less than 0.5 grams of sugar per serving
No Sugar Added	No sugar added during food processing (may still have natural food sugars)
Reduced Sugar	Sugar content of the food has been reduced by at least 25%