



## **Sweeteners 101**

There are many different types of sweeteners included in processed foods, whether its artificial or natural but at the end of the day they all have one thing in common creating sweetness in that product. We have 4 categories, each one has its pros and cons as well as reactions in our body.

- **Natural Sweeteners:** these are found in nature, one particular advantage they have is that aside for the sweetness they give out they also provide the body with vitamins and minerals, making them the best options to use in place of sugars.
- **Artificial Sweeteners:** like the word says it they are artificial, made in a lab and their only purpose is create sweetness. Because they are artificial most of them leave an after taste in the mouth and some can generate digestive disturbances such as bloating, gas and diarrhea when consumed.
- **Sugar Alcohols:** these are easy to recognize as they typically end in -itol. These are known to produce bloating, gas and diarrhea when consumed at high amount. Products made with these sweeteners even create a warning in the package.
- **Sugars:** this category goes beyond table sugar, there are a lot of different names that can be used. These sweeteners will spike the blood sugar significantly, according to studies these foods activate the same pleasure centres that cocaine activates in the brain. This is why its so hard to give up sugar if you 've been having it on a regular basis for some time.

Whether the sweetener contains calories (natural sweeteners and sugar) or not (artificial sweeteners and sugar alcohols) they should be used in moderation as part of a healthy diet.

The food industry has been adding a significant amount of sweetness to products making us think that its normal. What happens here is that the more sugar a product has the higher impact on our glucose levels and the bigger the drop making us reach for that second or third serving.

**Tips:**

- When baking at home, modify the recipe, most of the times adding half the amount of sweetener listed is more than enough.
- Make exchanges:
  - Try using natural sweeteners instead of sugars, keep in mind if the recipe calls for a liquid sweetener replace it with another liquid sweetener to get the same consistency.
  - Check level of sweetness, some natural sweeteners like stevia and monk fruit are required in a really small doses, they shouldn't be substituted on a 1:1 ratio in place of sugar.

This chart will help you know the different types of sweeteners and all the different names, its important to know them so you can make better choices when buying products.

Natural Sweeteners	Artificial Sweeteners	Sugar Alcohols	Sugars
<ul style="list-style-type: none"> <li>- Agave nectar</li> <li>- Date sugar</li> <li>- Coconut sugar</li> <li>- Fruit pulp</li> <li>- Fruit juice concentrate</li> <li>- Honey</li> <li>- Maple syrup</li> <li>- Molasses</li> <li>- Sorghum syrup</li> <li>- Stevia (pure)</li> <li>- Monk fruit</li> </ul>	<ul style="list-style-type: none"> <li>- Acesulfame-K</li> <li>- Advantame</li> <li>- Aspartame</li> <li>- Neotame</li> <li>- Saccharin</li> <li>- Stevia (not pure)</li> <li>- Sucralose</li> <li>- Tagatose</li> </ul>	<ul style="list-style-type: none"> <li>- Erythritol</li> <li>- Hydrogenated starch</li> <li>- Isomalt</li> <li>- Lactitol</li> <li>- Maltitol</li> <li>- Mannitol</li> <li>- Sorbitol</li> <li>- Xylitol</li> </ul>	<ul style="list-style-type: none"> <li>- Barley malt</li> <li>- Beet sugar</li> <li>- Brown sugar</li> <li>- Buttered syrup</li> <li>- Cane (sugar, syrup, crystals, juice, etc)</li> <li>- Caramel</li> <li>- Confectioner 's sugar</li> <li>- Corn syrup (high fructose, solids, etc)</li> <li>- Crystalline fructose</li> <li>- Demerara sugar</li> <li>- Dextran</li> <li>- Dextrose</li> <li>- Diastatic malt</li> <li>- Diatase</li> <li>- Florida crystals</li> <li>- Fructose</li> <li>- Galactose</li> <li>- Glucose</li> <li>- Golden sugar (syrup, etc)</li> </ul>

			<ul style="list-style-type: none"><li>- Icing sugar</li><li>- Invert sugar</li><li>- Malt syrup</li><li>- Maltodextrin</li><li>- Maltose</li><li>- Muscovado</li><li>- Raw sugar</li><li>- Rice syrup</li><li>- Sucrose</li><li>- Turbinado sugar</li><li>- Yellow sugar</li></ul>
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