

# Living Well with Diabetes

## Characteristics of Common Non-Nutritive Sweeteners

Sweetener	Description	Relative Sweetness Sucrose=1	Metabolism	Glucose Response in Diabetes	Shelf-Life Stability	Food Product Use	Disadvantages
Acesulfame-K SweetOne® Sunette® DiabetiSweet®	Non-caloric	200	Excreted unchanged by kidney	0	Stable under high temperatures	Can be used to cook or bake with. Chewing gum, soft drinks, dry mixes for beverages (tea, instant coffee), gelatins, puddings, nondairy creamers, and tabletop sweeteners	Slight aftertaste when used alone in large amounts. For best results, should be used in combination with other sweeteners.
Aspartame Equal® NutraSweet®	Caloric	180 to 200	Digested as a protein and the amino acids are metabolized normally	Slight rise	Not heat stable (loses sweetness). Do not use to cook or bake.	Carbonated soft drinks, dry beverage mixes, tabletop sweetener, refrigerated fruit juice, milk beverages, frozen desserts, puddings, pie fillings, and yogurt-type desserts (Cannot be used in baked or cooked foods)	Loses sweetness when heated, so not good for hot drinks or cooking. About three times more expensive than saccharin-based sweeteners.

Saccharin Sweet'N Low® Weight Watchers® Sucaryl® Sugar Twin® Adolph's® Sweet10®	Non-caloric	300	Excreted unchanged by kidney	0	Stable under high temperatures (302°F)	Soft drinks, tabletop sweeteners, many beverages and foods	Tastes bitter. Safety has not been firmly established.
Sucralose Splenda®	Non-caloric (calories in Splenda® are from the maltodextrin used to provide bulk)	600	Not metabolized or stored in body	0	Highly stable	Can be used in cooking and baking; can be used with acidic ingredient combinations	Lactose may be present in small amounts, but should not cause problems for lactose-intolerant individuals
Neotame®	Non-caloric	7,000 to 13,000	Rapidly metabolized and completely eliminated in body wastes and does not collect in the body	0	Heat stable	Can be used as tabletop sweetener and in baked goods, nonalcoholic beverages, soft drinks, processed fruits, toppings, and confections.	No known ill health effects. No concern for possible nerve toxicity or behavior problems after use.

Adapted from the Texas Cooperative Extension's *Special Food Needs*

University of Arkansas, United States Department of Agriculture and County Governments Cooperating  
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.