

NON-NUTRITIVE SWEETENERS (NNS)

- Also known as artificial sweeteners
- Don't have an effect on blood glucose
- Much sweeter than regular sugar, about 30-3000 times sweeter. This means less of the NNS needs to be used
- Contain little to no calories
- Found in "diet" or "low-calorie" food/drinks

VS

NUTRITIVE SWEETENERS

- Provide energy (calories) from carbohydrates
- Raise blood glucose levels
- Found naturally (fruits, milk). Added to foods (honey, brown sugar, high fructose corn syrup, lactose)



National
Aboriginal
Diabetes
Association

Association
Nationale
Autochtone
du
Diabète

The National Aboriginal
Diabetes Association
envisions diabetes-free
healthy communities

103 - 90 GARRY STREET
WINNIPEG MANITOBA
R3C 4H1

1-877-232-6232

**NON-NUTRITIVE
(ARTIFICIAL)
SWEETENERS**

ARE THEY RIGHT FOR YOU?

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THINGS TO REMEMBER WHEN CONSUMING NNS:

- NNS shouldn't replace nutritious food/drinks.
- Other ingredients in the food/drink may provide carbs or calories.
For example: milk or cream in coffee has calories and carbs.
- Continue to monitor your food/drink intake. Avoid consuming extra calories to 'make up' for the lack of energy from the NNS.

CONCERNS WITH NNS

- **SAFETY:** use only Health Canada approved sweeteners (see next section). Consume these in moderation
- **TASTE:** Some may leave an aftertaste, compared to regular sugar. For example, a metallic or bitter aftertaste

WHY USE NNS?

- When trying to limit sugar
- Lowers calorie content of foods
- Play a role in weight loss/management
- Decrease dental cavities and tooth decay

OPTION FOR PEOPLE WITH DIABETES:

- If the taste of these sweeteners are preferred
- Want to reduce the amount of carbs consumed
- Want more options in the diet when carb counting

ARE NNS SAFE?

- For the most part, yes
- Pregnant and breast feeding women should consume them in moderation. Choose nutritious options when available
- Children and infants shouldn't consume NNS because they lack nutrients and energy

EXAMPLES

Non-nutritive sweeteners that are Health Canada approved.

SWEETENER	COMMON NAME	WHERE TO FIND IT
Aceulfame -K (Ace-K)	Sweet One® Sunett®	Packaged food and drinks
Aspartame	Equal® NutraSweet®	Packets & added to cold foods and drinks
Cyclamate	Sugar Twin® Sweet' N Low® Sucarl®	Packets, tablets, and liquid form
Saccharin	Hermesetas®	Tablet form
Sucralose	Splenda®	Packets & added to foods and drinks
Steviol Glycosides	Stevia, Truvia	Packets & added to foods and drinks

