




Sweetener from
**STEVIA
IN THE
RAW** ZERO CALORIE
SWEETENER

 **SWEET'N LOW** ZERO CALORIE SWEETENER

Non-nutritive Sweeteners

National Indigenous
Diabetes Association

What are non-nutritive sweeteners?

- Known as **Stevia** or **Splenda** among other brand names
- High-intensity artificial sweetener
- Aim to control weight gain
- Found in diet soft drinks, yogurts, desserts



Common Non-
nutritive
Sweeteners

Aspartame

Acesulfame-K

Neotame

Saccharin

Sucralose

Aspartame

Commonly known by the
brand name:

Equal and **NutraSweet**



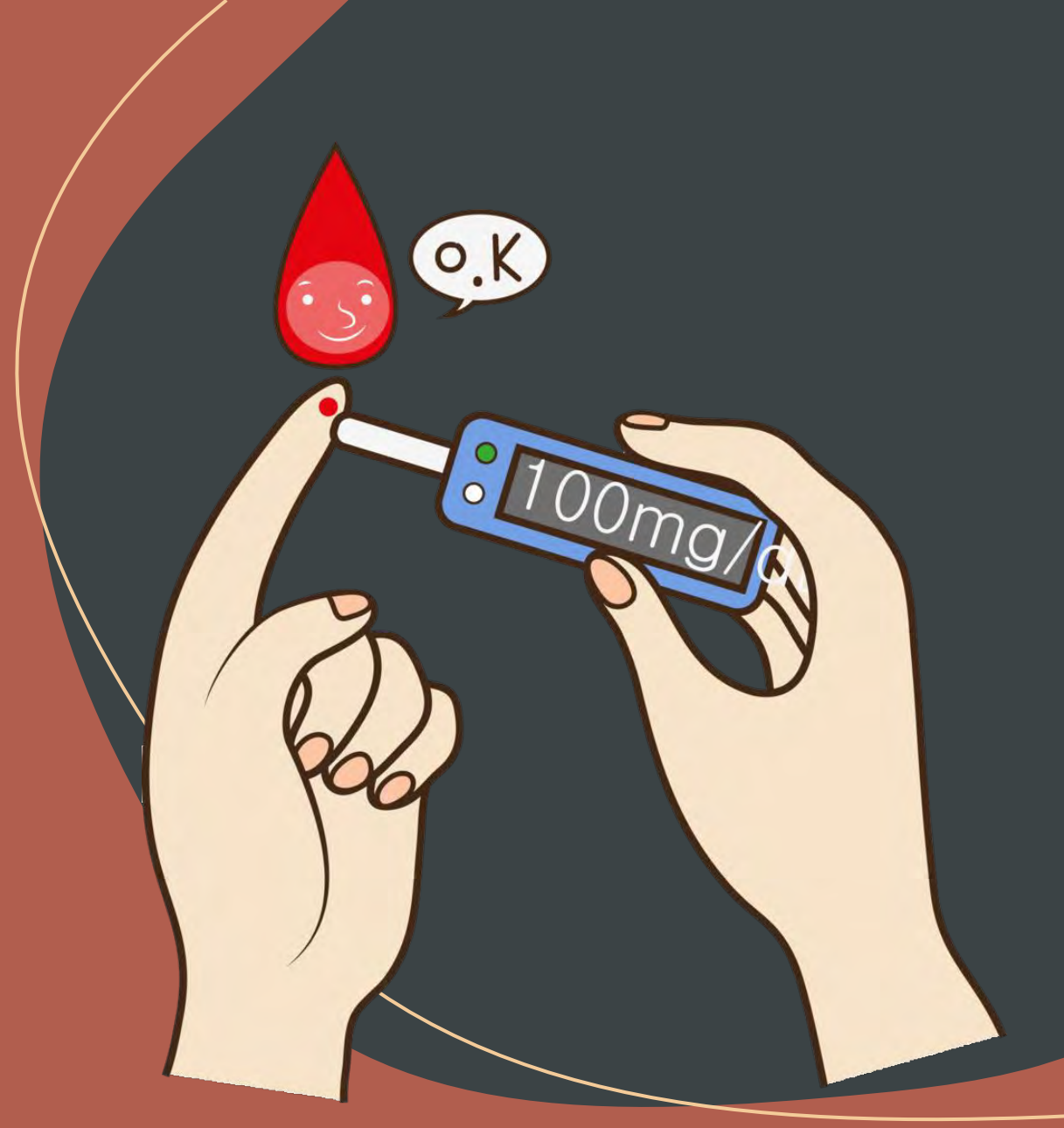
Sucralose

Commonly known by the
brand name: **Splenda**



Role in Managing Diabetes

- No affect on blood sugar levels
- Prevent large spikes in blood sugar levels after meals
- Sucralose (Splenda) is the best choice to control blood sugar levels
- Controls weight gain



Non-nutritive Sweeteners on Food Labels



What to Look for in the Grocery Store



- Non-nutritive sweeteners are found in a variety of foods
- Foods labelled as **"low in sugar"** or **"no sugar added"**
- Commonly listed as **"sucralose"** or **"aspartame"**

Risks of Eating Non-nutritive Sweeteners

- The long-term affect of non-nutrition sweeteners is still unclear
- Conflicting views on their benefits
- May cause the overconsumption of foods





Summary of Non-nutritive Sweeteners

- Non-nutritive sweeteners are an alternative to normal sugars
- Manage blood sugar levels
- Control weight gain
- Must be consumed in moderation

References

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