

# Low- and No-Calorie Sweeteners: A Safe Option for Managing Weight

*Enjoy the taste of sweets without excess calories*

The recently published 2020 Dietary Guidelines Advisory Committee (DGAC) Scientific Report noted low- and no-calorie sweeteners (LNCS) as a useful tool in weight management in adults.<sup>1</sup> When incorporated into a healthy lifestyle with a balanced diet and exercise, these ingredients offer the taste of sweetness without excess calories.

## LNCS Can Help:<sup>2</sup>

- Facilitate Weight Loss
- Aid in Weight Management
- Reduce Calorie Intake
- Lower Added Sugar Consumption
- Contribute to Improved HgA1C
- Avoid Effects on Insulin and Blood Glucose Levels

The 2020-2025 Dietary Guidelines for Americans recommend the reduction of added sugars in the diet and notes beverages among the top contributors of energy and added sugars in the diet.<sup>3</sup> LNCS are helpful in the reduction of added sugar in many nutritious products, allowing consumers to enjoy great taste and nutrition with fewer calories. Today, there are more options than ever before for foods and beverages sweetened with LNCS, available online and in stores. Products labeled as “light,” “reduced-calorie,” “reduced-sugar” or “diet” often include these ingredients. LNCS can be found in chewing gum, candies, ice cream, baked goods, fruit spreads and canned fruits, fillings and frostings, beverages, yogurt and more.

To start enjoying the benefits, check grocery store shelves for products containing LNCS or try incorporating them in your favorite foods and beverages at home. Try our Berry Nut Granola, and find more recipes and additional resources on LNCS at [caloriecontrol.org](http://caloriecontrol.org).

## Berry Nut Granola

### Ingredients

- 1 cup rolled oats
- 1/3 cup unsalted soy nuts
- 2/3 cup toasted wheat germ
- 6 packets Stevia In The Raw®
- 3 tablespoons dried cranberries
- 3 tablespoons dried blueberries
- 2 tablespoons dried cherries
- 1/4 cup unsweetened grated coconut
- 3 tablespoons chopped pecans
- 2 tablespoons raw, hulled (out of shell) sunflower seeds

### Nutritional Information

#### Per Serving:

Calories:	110
Protein:	4g
Carbohydrates:	14g
Fiber:	3g
Fat:	4.5g
Servings	12



### Directions

1. Preheat the oven to 350F and line a large, rimmed baking sheet with parchment paper.
2. Toss the oats, soy nuts, wheat germ, Stevia, coconut, pecans, and sunflower seeds in a large bowl. Stir well with a wooden spoon, making sure everything is coated.
3. Spread the granola mixture evenly onto the prepared baking sheet and bake for 21-23 minutes or until lightly golden brown, stirring halfway. The granola will further crisp up as it cools.
4. Remove the granola from the oven and allow it to cool completely in the baking sheet, undisturbed, then break into pieces and stir in the cranberries, cherries, and blueberries.
5. Store the granola in an airtight container at room temperature for 1-2 weeks.

**Top granola over fresh berries and/or plain non-fat Greek yogurt and enjoy!**

1. Dietary Guidelines Advisory Committee. 2020. Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

2. Weight loss/management: Ashwell MA, Gibson S, Bellisle F, et al. Expert consensus on low calorie sweeteners: facts, research gaps and suggested actions. *Nutr Res Rev.* 2020; 33(1): 1-10.

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Sugar and Calorie Reduction:

Rogers PJ and Appleton KM. The effects of low-calorie sweeteners on energy intake and body weight: a systematic review and meta-analyses of sustained intervention studies. *Int J Obes* 2020. <https://doi.org/10.1038/s41366-020-00704-2>

Laviada-Molina H, Molina-Segui F, Pérez-Gaxiola G, et al. Effects of nonnutritive sweeteners on body weight and BMI in diverse clinical contexts: Systematic review and meta-analysis. *Obes Rev* 2020; 21(7): e13020

HgA1C, Insulin, BG:

Rogers PJ and Appleton KM. The effects of low-calorie sweeteners on energy intake and body weight: a systematic review and meta-

analyses of sustained intervention studies. *Int J Obes* 2020. <https://doi.org/10.1038/s41366-020-00704-2>

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3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](http://DietaryGuidelines.gov).

For more information about the 2020-2025 Dietary Guidelines for Americans and its recommendations on topics in addition to low- and no-calorie sweeteners, refer to [dietaryguidelines.gov](http://dietaryguidelines.gov).