Low and No-Calorie Sweeteners

A Tool for Blood Glucose Management

Calorie Control Council®

For those with diabetes, it is very important to keep blood glucose levels within a specific range.

What happens when you consume foods and beverages high in sugar?

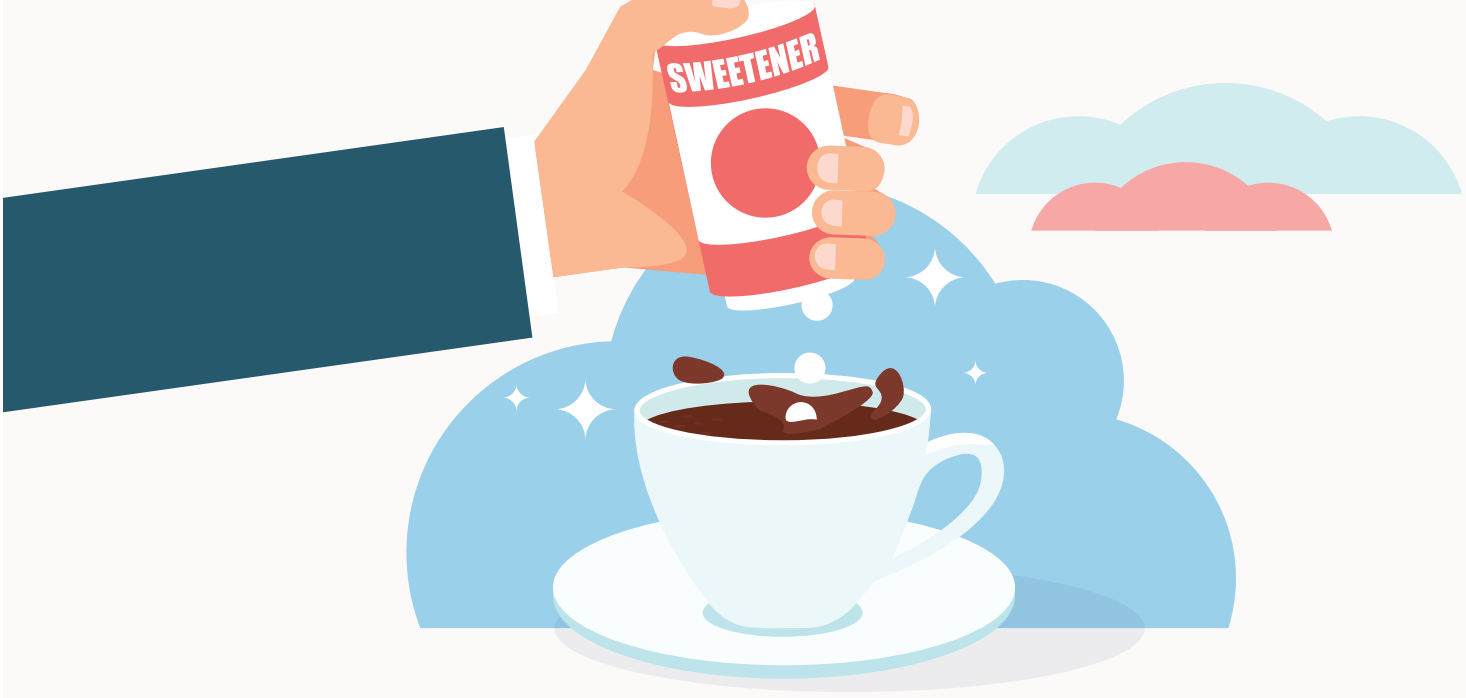
The body creates blood glucose by using the sugar in the products consumed and circulating it in the bloodstream. Ideally, the glucose carried by the blood enters the body's cells to fuel daily activities and physiological functions.

Sugar + Diabetes – What Then?

Diabetes makes it difficult to use blood glucose for energy. Individuals either lack the ability to produce enough insulin – the 'key' for letting glucose into cells, or the body's cells are resistant to insulin.

Sugary Products – Proceed with Caution

Treats like baked goods and candies, everyday staples like beverages, yogurt, and fruit spreads and even pharmaceutical products like cough syrups and throat lozenges all contain sugar and impact blood glucose levels. The good news is that diabetes-friendly alternatives exist for all of the products thanks to low- and no-calorie sweeteners (LNCS).



Low-and No-Calorie Sweeteners

Blood Glucose Levels

Low and no-calorie sweeteners help to lower the total sugar content of foods and beverages and can help keep blood glucose levels in check.

Calories and Diet

Substituting low and no-calorie sweeteners for caloric ones can make a diet plan more enjoyable.

LNCS are listed on product ingredient lists as acesulfame potassium, allulose, aspartame, neotame, saccharin, stevia, sucralose, monk fruit, advantame, polyols, allulose or cyclamate.

Nutrition

Despite their sweetness, because they often contribute little to no calories, LNCS are not reflected in the Total or Added Sugars lines on the Nutrition Facts label.

However, polyols and allulose are still reflected under Total Carbohydrates, as they have a very small caloric value and a minimal impact on blood glucose levels.