



Low- and No-Calorie Sweeteners

A Tool for Blood Glucose Management

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



What happens when you consume foods and beverages with 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

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.

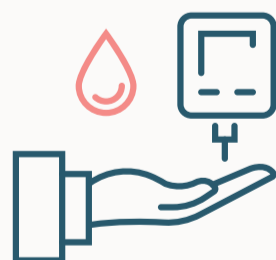


Sugar-Sweetened Products – Proceed with Caution

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.



Low- and No-Calorie Sweeteners



Blood Glucose Levels

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



Living a Sweet Life

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

These sweeteners are listed on product ingredient lists as **acesulfame potassium, allulose, aspartame, neotame, saccharin, stevia, sucralose, monk fruit, advantame, maltitol, xylitol, erythritol, allulose or cyclamate amongst other sweeteners.**

Sodium	160mg	7%
Total Carbohydrate	37g	13%
Dietary Fiber	4g	14%
Total Sugars	12g	
Includes	10g Added Sugars	20%
Protein	3g	

Nutrition

In spite of their sweetness, low- and no- calorie sweeteners are not reflected in the Total or Added Sugars lines on Nutrition Facts labels since they contribute little or no calories.

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