

Non-nutritive Sweeteners at a Glance

Nonnutritive Sweeteners							
Type	Brand Names	Kcals /Gram	Description	Regulatory Status	ADI*	Estimated ADI Equivalent**	Suitability for Cooking/Baking
Acesulfame-K	Sunett Sweet One	0	200 time sweeter than sucrose; produces no glycemic response	Approved as general all-purpose sweetener	15 mg/kg	30-32 cans diet lemon-lime soda	Yes
Aspartame	NutraSweet Equal	4 ⁺	160-220 times sweeter than sucrose; produces limited glycemic response	Approved as general all-purpose sweetener	50 mg/kg	18-19 cans diet cola	No
Saccharin	Sweet 'N Low Sugar Twin Sweet Twin	0	300 times sweeter than sucrose	Approved as a sweetener for beverages and as a tabletop sweetener with specific maximum amounts allowed	5 mg/kg	9-12 packets of sweetener	Yes
Sucralose	Splenda, Nevella	0	600 times sweeter than sucrose	Approved as a general all-purpose sweetener	5 mg/kg	6 cans diet soda	Yes
Stevia	PureVia Truvia SweetLeaf Stevia in the Raw Sun Crystals sugar-Stevia blend	0	250-300 times sweeter than sucrose	Approved as a general purpose sweetener (GRAS status)	4 mg/kg, expressed as steviol	N/A	Yes (check instructions for each individual brand)

* FDA-established acceptable daily intake (ADI) limit/kg body weight

** Based on person weighing 150 lbs (68 kg)

⁺ Aspartame provides small amount of calories but amount is negligible based on intense sweetness

Substituting Nonnutritive Sweeteners for Sugar								
Sugar	Aspartame		Sucralose	Saccharin			Acesulfame Potassium	Stevia
	Packets	Granular	Granular	Packets	Granular	Liquid	Packets	Packets
1-2 tsp.	1	1-2 tsp.	1-2 tsp	1	1 tsp	1 drop	1	1/2 packet
1/4 cup	6	1/4 cup	1/4cup	6	1/4cup	1 1/2 tsp	3	6 packets
1/3 cup	8	1/3 cup	1/3 cup	8	1/3 cup	2 tsp	4	8 packets
1/2cup	12	1/2 cup	1/2 cup	12	1/2 cup	1 Tbsp	6	12 packets
1 cup	24	1 cup	1 cup	24	1 cup	2 Tbsp	12	24 packets

Counseling Tips

1. Review definitions of nutrition claims with patients:
 - ∞ Sugar-free: less than 0.5 grams sugar per RACC (reference amount customarily consumed) and per labeled serving, and contains no ingredient that is a sugar (unless the amount of sugar is a trivial amount).
 - ∞ No added sugar: no sugar or sugar-containing ingredient is added during processing.
 - ∞ Reduced/less sugar: at least 25% less sugar per RACC than an appropriate reference food.
2. Remind patients that “sugar-free” does not mean that a product is carbohydrate-free, and to always check the Nutrition Facts label for serving size and total carbohydrate grams.
3. Share information on various non-nutritive sweeteners with patients, and counsel them on how to fit foods that contain these sweeteners into their meal plan.
4. Other terms for non-nutritive sweeteners include artificial sweeteners, no-calorie sweeteners and sugar substitutes.
5. Inform patients that some non-nutritive sweeteners may be blended with other sweeteners, including sugar, sugar alcohols, and other non-nutritive sweeteners.
6. Refer patients to individual sweetener packages or product website for more information about a specific sweetener.