



TYPES OF SWEETENERS

Sweeteners are substances **added to industrialized foods or in culinary preparations** to give a sweetened flavor and, in this way, replace sugar. With small amounts it is possible to sweeten it equally or even more than with cane sugar, so the use of sweeteners can be an important strategy for people who need to restrict their consumption of sugars or energy.



ASPARTAME

- Artificial
- 200X sweeter than sugar
- 14 kcal [1 coffee spoon]
- Contains phenylalanine



ACESULFAME-K

- Artificial
- 200X sweeter than sugar
- 0 kcal [1 coffee spoon]
- More common in industrialized products



CYCLAMATE

- Artificial
- 30X sweeter than sugar
- 0 kcal [1 coffee spoon]
- More common in industrialized products



SACCHARINE

- Artificial
- 200X sweeter than sugar
- 14 kcal [1 coffee spoon]
- First sweetener discovered



SUCRALOSE

- Artificial
- 600X sweeter than sugar
- 14 kcal [1 coffee spoon]
- No aftertaste



STEVIA

- Natural
- 300X sweeter than sugar
- 2 kcal [1 coffee spoon]
- Residual flavor [licorice]



XYLITOL

- Natural
- Equivalent to the sweetness of sugar
- 8 kcal [1 coffee spoon]
- Contains polyol [laxative effect on sensitive people]



ERYTHRITOL

- Natural
- 60% of the sweetness of the sugar
- 0 kcal [1 coffee spoon]
- Contains polyol [laxative effect on sensitive people]

Are sweeteners safe?

Before being marketed, sweeteners are evaluated for their safety (whether they can cause adverse reactions or harm to health) by national and international bodies. As few studies follow people long term and there is no clarity about the effects of prolonged use, **use in moderation and as recommended by the nutritionist.**