

## Characteristics of Common Nonnutritive Sweeteners

Sweeteners	Description	Relative Sweetness Sucrose =1	Metabolism	Glucose Response in Diabetes	Shelf Life Stability	Food Product Use	Disadvantages
<b>Acesulfame-K</b> SweetOne® Sunette® DiabetiSweet®	Noncaloric	200	Excreted unchanged by kidney	0	Stable under high temperatures	Can be used to cook or bake. Chewing gum, soft drinks, dry mixes, for beverages (tea, instant coffee), gelatins, puddings, nondairy creamers, and tabletop sweeteners	Slight aftertaste when used alone in large amounts; for best results, use in combination with other sweeteners
<b>Aspartame</b> Equal® NutraSweet®	Caloric	180 to 200	Digested as a protein, and the amino acids are metabolized normally	Slight rise	Not heat stable (loses sweetness); do not use to cook or bake	Carbonated soft drink, dry beverage mixes, tabletop sweetener, refrigerated fruit juice, milk beverages, frozen desserts, puddings, pie fillings, and yogurt-type desserts. <b>Cannot be used in baked or cooked foods</b>	Loses sweetness when heated, so not good for hot drinks or cooking; about three times more expensive than saccharin-based sweeteners
<b>Saccharin</b> Adolph's® Sucaryl® Sugar Twin® Sweet'N Low® Weight Watchers®	Noncaloric	300	Excreted unchanged by kidney	0	Stable under high temperatures (up to 302 °F)	Soft drinks, tabletop sweeteners, many beverages and foods	Tastes bitter; safety has not been firmly established
<b>Sucralose</b> Splenda®	Noncaloric (calories in Splenda® are from the maltodextrin used to provide bulk)	600	Not metabolized or stored in the body	0	Highly stable	Can be used in cooking and baking; can be used with acidic ingredient combinations	Lactose may be present in small amounts, but it should not cause problems for people who are lactose-intolerant
<b>Neotame®</b>	Noncaloric	7,000 to 13,000	Rapidly metabolized and completely eliminated in body wastes; does not collect in the body	0	Heat stable	Can be used as tabletop sweetener in baked goods, nonalcoholic beverages, soft drinks, processed fruits, toppings, and confections	No known ill health effects; no concern for possible nerve toxicity or behavior problems after use

## Diabetes Sweetener Recipes/Resources

For information about sweeteners and recipes using them, contact the manufacturers.

### **Sweet 'N Low® (Saccharin)**

Guidelines for Canning and Preserving  
Using Sweet 'N Low® and Fast and Fit  
Cumberland Packing Corporation  
Sweet 'N Low Division  
2 Cumberland Street  
Brooklyn, NY 11205  
[www.sweetnlow.com](http://www.sweetnlow.com)

### **Sunette®**

(Acesulfame-K)  
Nutrinova, Inc.  
285 Davidson Avenue, Suite 102  
Somerset, NJ 08873  
[http://www.celanese.com/de/index/productsmarkets\\_index/products\\_markets\\_food\\_ingredients/food\\_ingredients\\_products/food\\_ingredients\\_products\\_sunett.htm](http://www.celanese.com/de/index/productsmarkets_index/products_markets_food_ingredients/food_ingredients_products/food_ingredients_products_sunett.htm)  
800.786.3883

### **Splenda® (Sucralose)**

McNeill Specialty Products Company  
501 George Street  
New Brunswick, NJ 08903  
<http://www.sucralose.com/>  
800.7.SPLENDA

### **SweetOne® (Acesulfame-K)**

The Stadt Corporation  
Department XI  
60 Flushing Avenue  
Brooklyn, NY 11205  
800.544.8610

### **Equal®Nutra Sweet® (Aspartame)**

Merisant Company  
10 South Riverside Plaza, Suite 850  
P. O. Box 730  
1751 Lake Cook Road  
Chicago, IL 60606  
<http://www.aspartame.net/>  
800.323.5316 (consumer resources)

### **Neotame®**

The Nutra Sweet Company  
200 World Trade Center  
Merchandise Mart, Suite 936  
Chicago, IL 60654  
800.323.5321

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