



Sweeteners: Satisfying Your Sweet Tooth

High-sugar foods and beverages contain lots of calories, which can contribute to weight gain and uncontrolled blood glucose in people with diabetes. Alternatives to sugar include:

- **Sugar alcohols or polyols** - have fewer calories and less effect on blood glucose. Sugar alcohols are found in many reduced-sugar and sugar-free products. However, if you eat too many of these products, you may get gas, bloating, and diarrhea. Examples of sugar alcohols include:

- sorbitol
- mannitol
- lactitol
- hydrogenated starch hydrolysates
- maltitol
- isomalt

- **High-intensity sweeteners** - contain little or no calories and have no effect on blood glucose. These include:

- acesulfame potassium (Sweet One)
- aspartame (Equal, NutraSweet)
- stevia (Truvia, Pruvia)
- saccharin (Sweet 'n Low)
- sucralose (Splenda)



The Use of Sugar in Baked Goods

Sugar cannot be totally replaced in many baked goods because it is not only used for the sweet taste. Sugar also provides:

- browning
- volume
- texture
- tenderness
- structure

You can use a high-intensity sweetener in foods where sugar is used primarily for flavoring as in beverages, pie fillings, cheesecakes, sweet sauces, marinades, and no-bake cookies without adversely affecting the food quality.



Often the quality of baked goods like cakes, cookies, and yeast breads suffers when the sugar is reduced or replaced with a high-intensity sweetener.

Ways to Reduce Sugar Intake

If you are trying to reduce your sugar intake, try these suggestions:

- Reduce added sugar by up to 1/2
- Replace some or all of the sugar with a high-intensity sweetener
(Check guidelines for specific sweeteners for use in recipes)
- Use canned fruit packed in juice
- Replace high-sugar beverages with sugar-free beverages

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