

SUGARS & Sweeteners

Sugars and sweetened foods may be eaten in moderation by people with diabetes. Their effect on blood glucose levels will vary. Talk to your dietitian about how to fit sweeteners and sweetened foods into your day.



Sweeteners that **increase** blood glucose levels

Sweetener	Forms & uses	Other things you should know...
<p>Sugars (Some examples)</p> <ul style="list-style-type: none"> ■ Brown sugar ■ Icing sugar ■ Invert sugar ■ White sugar ■ Dextrose ■ Fructose ■ Glucose ■ Lactose ■ Maltose ■ Sucrose ■ Maltodextrins ■ Brown rice syrup ■ Corn syrup ■ High fructose corn syrup ■ Maple syrup ■ Fruit juice concentrates ■ Honey ■ Molasses ■ Barley malt 	<ul style="list-style-type: none"> • Used to sweeten foods and beverages • May be found in medications 	<ul style="list-style-type: none"> • Sugars are carbohydrates that can affect your blood glucose, weight and blood fats. • There is no advantage to those with diabetes in using one type of sugar over another.
<p>Sugar Alcohols & Polydextrose</p> <ul style="list-style-type: none"> ■ Lactitol ■ Maltitol ■ Mannitol ■ Polyols ■ Sorbitol ■ Xylitol ■ Polydextrose ■ Hydrogenated starch hydrolysates (HSH) ■ Isomalt ■ Palatinit ■ Polyol syrups 	<ul style="list-style-type: none"> • Used to sweeten foods labelled “sugar free” or “no added sugar” • May be found in cough and cold syrups and other liquid medications (e.g. antacids) 	<ul style="list-style-type: none"> • Sugar alcohols are neither sugars nor alcohols. Small amounts are found naturally in fruits and vegetables. They can also be manufactured. • They are only partly absorbed by your body, increase blood glucose more slowly and have fewer calories than sugar. • Check product labels for the number of grams of sugar alcohols per serving. If you eat more than 10 grams of sugar alcohols a day, you may experience side effects such as gas, bloating or diarrhea. • Talk to your dietitian if you are carbohydrate counting and want to use foods sweetened with sugar alcohols.

Check out the Canadian Diabetes Association website, www.diabetes.ca, for more information.

Sweeteners that **don't** increase blood glucose levels

Health Canada has approved the following sweeteners as safe if taken in amounts up to the Acceptable Daily Intake (ADI). These sweeteners may also be used in medications. **Please read the label.** Ingredients may change. New products may be available. Products with the same brand names may contain different sweeteners. What you choose depends on your taste and use!

Sweetener	Common/ Brand name	Forms & uses	Other things you should know...
Acesulfame Potassium (Ace-K)	Not available for purchase as a single ingredient	<ul style="list-style-type: none"> Added to packaged foods and beverages only by food manufacturers 	<ul style="list-style-type: none"> Safe in pregnancy ADI=15 mg/kg body weight per day For example, a 50 kg (110 lb) person could have 750 mg of Ace-K per day. One can of diet pop contains about 42 mg of Ace-K.
Aspartame	<ul style="list-style-type: none"> Equal[®] NutraSweet[®] Private label brand 	<ul style="list-style-type: none"> Available in packets, tablets or granulated form Added to drinks, yogurts, cereals, low calorie desserts, chewing gum and many other foods Flavour may change when heated 	<ul style="list-style-type: none"> Safe in pregnancy ADI=40 mg/kg body weight per day For example, a 50 kg (110 lb) person could safely have 2000 mg of aspartame per day. One can of diet pop contains up to 200 mg of aspartame.
Cyclamate	<ul style="list-style-type: none"> Sucaryl[®] Sugar Twin[®] Sweet'N Low[®] Private label brand 	<ul style="list-style-type: none"> Available in packets, tablets, liquid and granulated form Not allowed to be added to packaged foods and beverages Flavour may change when heated 	<ul style="list-style-type: none"> Avoid when pregnant ADI=11 mg/kg body weight per day For example, a 50 kg (110 lb) person could have 550 mg of cyclamate per day. One packet of Sugar Twin[®] contains 264 mg of cyclamate.
Saccharin	<ul style="list-style-type: none"> Hermesetas[®] 	<ul style="list-style-type: none"> Available as tablets Not allowed to be added to packaged foods and beverages 	<ul style="list-style-type: none"> Avoid when pregnant ADI=5 mg/kg body weight per day For example, a 50 kg (110 lb) person could have 250 mg of saccharin per day. One tablet of Hermesetas[®] contains 12 mg of saccharin. Available only in pharmacies
Sucralose	<ul style="list-style-type: none"> Splenda[®] 	<ul style="list-style-type: none"> Available in packets or granulated form Added to packaged foods and beverages Can be used for cooking and baking 	<ul style="list-style-type: none"> Safe in pregnancy ADI=9 mg/kg body weight per day For example, a 50 kg (110 lb) person could have 450 mg of sucralose per day. One packet of Splenda[®] contains 12 mg of sucralose; one cup (250 mL) contains about 250 mg of sucralose.

Stevia • Not approved by Health Canada as a sweetener.