

Sugar Substitutes

Artificial Sweeteners

- Aspartame (marketed as Nutrasweet & Equal)
- Sucralose (marketed as Splenda)
- Saccharin (marketed as Sweet-n-Low)
- Stevia (a natural herbal supplement)

What Are Artificial Sweeteners

Sugar substitutes are loosely considered any sweetener used instead of regular table sugar (sucrose). Artificial sweeteners are just one type of sugar substitute. They are marketed as “zero calorie” sweeteners. Other types of sugar substitutes, such as stevia and agave nectar, claim to have lower calories and be a healthier alternative to artificial sweeteners.

Artificial sweeteners are attractive because they add no calories. They also seem to sweeten food using a lot less product than traditional table sugar. They are widely used in processed products, so check the label to find out if a product contains an artificial sweetener.

One of the most appealing aspects of artificial sweeteners is that they are non-nutritive. Each gram of sugar contains 4 calories. One 12-ounce can of soda contains 8 tps of sugar or 130 calories. Another appealing aspect of artificial sweeteners is that they do not contribute to tooth decay.

Critics of artificial sweeteners say that they cause a variety of health problems, including cancer. But according to the National Cancer Institute no sound evidence supports this theory. Even saccharin no longer must carry a warning label that it could be hazardous to your health.

People with diabetes have difficulty regulating their blood sugar and some evidence indicates that artificial sweeteners help control blood sugar levels. Also, people with reactive hypoglycemia produce an excess of insulin after quickly absorbing glucose, so like diabetics, these people can benefit from artificial sweeteners.

Artificial Sweeteners and Weight Control

Research shows that a sweet taste induces insulin secretion. The release of insulin causes blood sugar to be stored in fat. Insulin also creates a craving for a carbohydrate.

Studies show that the consumption of artificial sweeteners results in more calories overall being consumed.

A 2005 study by University of Texas Health Sci-

ence Center at San Antonio showed that increased weight gain and obesity were associated with the use of diet soda in a population based study.

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*Empowering You Through
Education and Medical Support*

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods as it is to eat the proper nutrients.

We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

Food Industry Usage of Artificial Sweeteners

According to market analysts Mintel, a total of 3,920 products containing artificial sweeteners were launched in the U.S. between 2000-2005.

Aspartame is the most popular artificial sweetener in the U.S. food industry because the price has dropped since the Monsanto Company patent expired in 1992.

Multiple peer-reviewed comprehensive studies

by independent and governmental regulatory bodies have analyzed the published research on the safety of aspartame and have found aspartame is safe for consumption at current levels.

However, as it is the most commonly used artificial sweetener in the processed food industry, it is possible to over consume aspartame if most of your nutrition comes from processed foods.

Sucralose may soon replace aspartame as the most commonly used artificial sweetener because alternative processes to Tate & Lyle's patent seem to be emerging. According to Morgan Stanley, this can mean that the price of sucralose will drop by 30%.