



## 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)

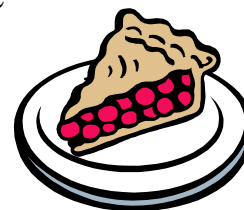


# The Use of Sugar in Baked Goods

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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