



SUGAR SUBSTITUTES

WHAT ARE SUGAR SUBSTITUTES?

Sugar substitutes, also known as artificial sweeteners, are used to sweeten foods without the use of sugar. They have little to no calories, which is why they are used in “diet” products.

ARE SUGAR SUBSTITUTES SAFE?

Yes! In Canada, all sugar substitutes sold must be approved by Health Canada. This means that they are considered safe for consumption.

DO SUGAR SUBSTITUTES AFFECT MY BLOOD SUGAR?

Sugar alcohols (including Sorbitol, Xylitol, Mannitol, Lactitol, Isomalt and Erythritol) have a very small effect on your blood sugar. All other sugar substitutes do not affect your blood sugar at all, making them useful for diabetics.

ARE SUGAR SUBSTITUTES SAFE DURING PREGNANCY AND BREASTFEEDING?

Yes, in moderation. However, it is important that foods and drinks that contain sugar substitutes do not replace more nutritious foods in the diet that are needed for a healthy pregnancy.

WHO SHOULD AVOID SUGAR SUBSTITUTES?

- Infants and children
- Individuals with phenylketonuria (PKU) should avoid aspartame.

FACTS

The following are the approved sugar substitutes in Canada, and their common uses:

- Aspartame (NutraSweet™, Equal™) – Used in soft drinks, yogurt, and as a table top sweetener.
- Sucralose (Splenda) – Used in soft drinks, candy, baked goods, frozen desserts, ice cream products, and for home cooking/baking.
- Cyclamate (Sucrayl®, Sugar Twin®, and Sweet ‘N Low®) – Not permitted as a food additive in Canada, only available as a table top sweetener.
- Sugar alcohols – Used in candy, frozen desserts, and ice cream products.
- Stevia – Used in certain natural health products, as a table top sweetener, and in candy, gum, baking mixes and snacks.