

Non-Nutritive Sweeteners

This handout explains what non-nutritive sweeteners are, how they can reduce calories and carbohydrates, and their safety when used in small to moderate amounts.

Some people wonder whether *non-nutritive* or *artificial sweeteners* can cause health problems like cancer or other side effects. Scientists have done many studies on this question, and in 2024, several government groups said they are safe to use in small or moderate amounts.

These sweeteners are much sweeter than sugar, so you only need a tiny amount. To have a health risk, you would usually need to eat much more than the recommended daily limit, which ranges from 23 packets (Splenda) to over 4,000 packets (Advantame).



There are many kinds of sugar substitutes to choose from.

- **For more details and to read current recommendations, visit:**
[fda.gov/food/food-additives-petitions/aspartame-and-other-sweeteners-food](https://www.fda.gov/food/food-additives-petitions/aspartame-and-other-sweeteners-food)

Using non-nutritive sweeteners instead of regular sugar can lower the number of calories and carbohydrates you eat. This can help people with diabetes by improving blood sugar control and helping with weight management. Non-nutritive sweeteners have few or no calories, while regular sugar has about 16 calories in just 1 teaspoon.

Non-nutritive sweeteners are usually safe to use after surgery. Some examples include:

Generic Name	Brand names	Benefit or Side Effect
Advantame		
Aspartame	Equal, Nutrasweet (blue packet), Sugar Twin	May help decrease appetite
Acesulfame potassium	Ace-K, Sweet One, Sunett	
Monk Fruit	Monk Fruit (liquid or powder)	Natural plant, very sweet
Neotame	Newtame	
Saccharin	Sweet’N Low (pink packet), Sweet Twin, Sweet’N Low, Necta Sweet	
Stevia	SweetLeaf, Stevia Clear, NuStevia, Pure Via, Enliten, Truvia	Natural plant Can be used in baking recipes
Sucralose	Splenda (yellow packet)	Can be used in baking recipes Measurement is equal to sugar
Sugar Alcohols	Ingredients ending in “ol”: Sorbitol, maltitol, mannitol, xylitol, erythritol	May cause gas, diarrhea, bloating Contains similar calories as sugar

