Artificial Sweeteners

Artificial sweeteners are also called sugar substitutes. They are sweet like sugar, but without the calories. Many people use sweeteners to cut calories in their diet while others use them to help manage diabetes.

Sweeteners are used in many diet and no-sugar-added products. You can buy sweeteners at the grocery store or online. They can be used in cooking or baking. Follow the sweetener package directions to substitute sweeteners for sugar in recipes. It only takes a small amount of these artificial sweeteners to have the same sweetness as sugar.

The sweeteners on the market in the United States have not been shown to cause cancer or other diseases in humans. All are safe and approved by the Food and Drug Administration (FDA). Which one you choose may depend on cost, availability, and personal taste preference. Pregnant women should talk to their Doctors before using artificial sweeteners.

The FDA has established an acceptable daily intake (ADI) for each artificial sweetener. This is the most that can be safely consumed each day over a lifetime. This amount is well below the amount that would cause a health risk. The ADI is listed in units of milligram (mg) per kilogram (kg) of body weight. 1 kilogram = about 2.2 pounds.

Common sweeteners

The ADI examples for each sweetener below are based upon the body weight of a 150 pound (68 kg) person.

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<th>Sweetener</th>
<th>Notes</th>
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| Acesulfame Potassium (Ace K), also known as Sweet One and Sunett | • 200 times sweeter than sugar.  
• Does not lose sweetness when heated. Good for baking and cooking.  
• **Acceptable Daily Intake (ADI) = 15 mg/kg:**  
  ‣ 25, 12-ounce cans of diet soda sweetened solely with Ace K |
| Aspartame, also known as Equal, NutraSweet and NatraTaste | • 160 to 200 times sweeter than sugar.  
• Loses sweetness with longer cooking time.  
• Often seen in small **blue packets.**  
• This product is not safe for people who have the rare hereditary disease phenylketonuria (PKU) because it contains phenylalanine.  
• **Acceptable Daily Intake (ADI) = 50 mg/kg:**  
  ‣ 15, 12-ounce cans of diet soda sweetened solely with aspartame, or  
  ‣ 94 packets of Equal |
| **Rebiana**, also known as Truvia and Stevia | • 200 times sweeter than sugar.  
• Good for baking.  
• **Acceptable Daily Intake (ADI) = 12 mg/kg:**  
  ‣ About 24, 8-ounce servings of Sprite Green, Odwalla Mojito Mambo or Odwalla Pomegranate Strawberry, or  
  ‣ 30 packets of Truvia or Stevia |
| **Saccharin**, also known as Sweet ‘N Low and SugarTwin | • 300 to 500 times sweeter than sugar.  
• Can be used in cooking and baking without losing sweetness.  
• Often seen in small **pink packets**.  
• **Acceptable Daily Intake (ADI) = 5 mg/kg:**  
  ‣ 8.5 packets of Sweet ‘N Low |
| **Sucralose**, also known as Splenda | • 600 times sweeter than sugar.  
• May not work well in recipes such as certain cakes that rely upon sugar for structure.  
• Often seen in small **yellow packets**.  
• **Acceptable Daily Intake (ADI) = 5 mg/kg:**  
  ‣ 5, 12-ounce cans of diet soda sweetened solely with sucralose, or  
  ‣ 28.5 packets of Splenda |

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**Talk to your doctor or health care team if you have any questions about your care.**

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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