

Choosing artificial sweeteners

Each of these sweeteners is approved by the FDA and safe for people with diabetes.

Sweetener name and brand names	Calories	How much sweeter than sugar	Can be used in baking	Notes
Monk fruit 	0	150-200 times	✓	Not absorbed in the body
Aspartame (Equal®) 	4 per gram	200 times	May change flavor at high temperatures	Metabolized by the body. People with phenylketonuria (PKU) should not use.
Stevia (Stevia in the Raw®, Truvia®, Pur Via™) 	0	300 times	✓	
Saccharin (Sweet'N Low®) 	0	300-500 times	✓	Listed as possible carcinogen by the National Toxicology Program.
Sucralose (Splenda®) 	0	600 times	✓ Can be combined with acidic ingredients	Not metabolized or stored in body.