



Sugar Substitutes

| Sweetener | Common brand names | Nutrition Action rating | Is it good for baking? | What foods it's commonly in |
|----------------------|--------------------------------------------------------------------|---------------------------------------------------------------|------------------------|--------------------------------------------------------------------------------------------------------------|
| Acesulfame-potassium | Equal Original, Equal Spoonful | AVOID | Yes | -Beverages -Preserves -Salad dressings and condiments -Ice cream -Gum |
| Aspartame | AminoSweet, Equal Next, Equal Original, Equal Spoonful, Nutrasweet | AVOID | No | -Reduced calorie beverages -Protein and nutrition drinks -Instant drink mixes -Puddings -Yogurts |
| Neotame | Newtame | Safe | Yes | -Cereals -Chocolate products -Ice cream -Gum -Yogurts -Energy drinks |
| Saccharin | Equal Next, Equal Saccharin, Sweet'N Low | AVOID | No | Reduced calorie drinks Gum -Preserves -Candies |
| Sucralose | Equal Sucralose, Splenda | Caution: more testing needed | Yes | -Candy -Breakfast/snack bars -Sodas |
| Stevia leaf extract | Pure Via, Sweetleaf, Truvia | Safe | Yes | -Flavored waters -Sports drinks -Gum |
| Sugar alcohols | Nectresse, Truvia, Wholesome Sweeteners Zero | Safe in moderation. Larger amounts may cause digestive issues | Yes | -Gum -Chocolate products -Candies -Ice cream |

BAKING WITH SUGAR SUBSTITUTES

Some sugar substitutes can be used to replace all or part of sugar in recipes. Aspartame loses its sweetness at high temperatures so is not recommended. Most people note an aftertaste when using sugar substitutes to bake. Also, sugar improves the texture and density of baked goods in a way that sugar substitutes do not. For this reason, baked goods that use sugar substitutes are usually crumblier and denser.

- Decrease dry ingredients by 25% (for example, if a recipe calls for 1 C flour, use $\frac{3}{4}$ C instead)
- Bake in a slightly smaller pan
- Reduce baking time slightly
- Add an extra egg or two egg whites
- Increase some of the liquid ingredients, such as water, milk, or juice