

# LOW CALORIE SWEETENERS IN DIABETES

## LOW CALORIE SWEETENERS (LCS) ARE...



sweet-tasting ingredients



added to foods, drinks and table-top sweeteners to replace sugar



with fewer or zero calories (and no sugars)

## WHY ARE LOW CALORIE SWEETENERS VALUED BY PEOPLE WITH DIABETES?

“CONSUMPTION OF FOODS/DRINKS CONTAINING LOW CALORIE SWEETENERS INSTEAD OF SUGAR INDUCES A LOWER BLOOD GLUCOSE RISE AFTER THEIR CONSUMPTION COMPARED TO SUGAR-CONTAINING FOODS/DRINKS.” (EFSA, 2011)



Contrary to carbohydrates, low calorie sweeteners do not affect blood glucose levels.<sup>2</sup>



52%  
of people with diabetes use low calorie sweeteners to substitute sugar  
(FEDE online survey, 2019).



The availability of a variety of low calorie sweeteners has made possible a wider range of lower sugar products that can provide a greater choice for people with diabetes.<sup>3</sup>

“LOW CALORIE SWEETENERS CAN BE A QUICK AND EASY REPLACEMENT FOR SUGAR!”  
(Patients focus group, 2017)



“LOW CALORIE SWEETENERS HELP ME FEEL LESS DEPRIVED WHILE STILL ENJOYING SWEET TASTE IN MY DIET.”  
(Patients focus group, 2017)

## SCIENTIFIC AND HEALTH-RELATED ORGANISATIONS GLOBALLY SUPPORT THAT:

“LNCs [LOW OR NO CALORIE SWEETENERS] ARE SHOWN TO BE SAFE AND THEY CAN BE USED AS PART OF A STRATEGY FOR ADULTS AND CHILDREN IN THE MANAGEMENT OF WEIGHT AND DIABETES.”<sup>4</sup> (DIABETES UK, 2018)

“THE CONSUMPTION OF LOW CALORIE SWEETENERS IS SAFE WITHIN THE ACCEPTABLE DAILY INTAKE (ADI) LEVELS AND THEIR USE CAN HAVE BENEFITS IN CALORIE REDUCTION, WEIGHT LOSS AND GLUCOSE CONTROL, WHEN USED TO REPLACE SUGAR IN THE CONTEXT OF A STRUCTURED DIETARY PLAN.”<sup>5</sup> (ALAD, 2018)

“IF SUGAR SUBSTITUTES ARE USED TO REPLACE CALORIC SWEETENERS, WITHOUT CALORIC COMPENSATION, THEY MAY BE USEFUL IN REDUCING CALORIC AND CARBOHYDRATE INTAKE.... THESE DIETARY CHANGES COULD BENEFICIALLY AFFECT GLYCEMIC, WEIGHT, AND CARDIOMETABOLIC CONTROL.”<sup>6</sup>

## LOW CALORIE SWEETENERS AS PART OF AN OVERALL HEALTHY DIET

Low calorie sweeteners should be consumed in the context of an overall healthy, high-quality diet.<sup>4</sup> When they are used to reduce overall calorie and carbohydrate intake, people should be counseled to avoid compensating with intake of additional calories from other food sources.<sup>6</sup> Low calorie sweeteners are not magic bullets, so their value in the dietary management of diabetes derives from their role as substitutes for sugars and, hence, carbohydrates.<sup>5</sup>



WHEN LOW CALORIE SWEETENERS ARE CONSUMED INSTEAD OF SUGARS, THEY MAY BE A USEFUL, SIMPLE STRATEGY TO HELP REDUCE CALORIE AND CARBOHYDRATE INTAKE AND, THUS, ASSIST WITH WEIGHT AND DIABETES MANAGEMENT.

### References:

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6. Evert AB, Dennison M, Gardner CD, et al. Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report. Diabetes Care 2019 May;42(5):731-754