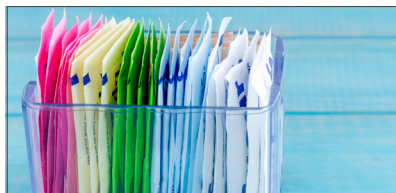


ARTIFICIAL SWEETENER

FACTS



Includes acesulfame, aspartame, neotame, saccharin, sucralose (Splenda), neotame



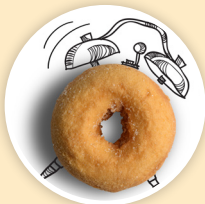
Most artificial sweeteners contain no calories. Are hundreds of times sweeter than natural sugar

PROS



Artificial sweeteners usually have no nutrients. With zero calories, they can help manage weight and type 2 diabetes.

CONS



Artificial sweeteners could trigger your brain to crave sugary foods. This might lead to weight gain. Chemicals may cause headaches and other reactions in some people. Research about links to many chronic conditions is ongoing.

SATISFY YOUR SWEET TOOTH

SWEETENER OR SUGAR?

Most Americans love sugary treats, and there are lots of options for occasionally indulging your sweet side. You have your choice of many “natural” sugars. Or, you could go for a zero-calorie artificial sweetener. Which type of “sweet” hits the spot for you?

NATURAL SUGAR

FACTS



Includes cane sugar, high fructose corn syrup, maple syrup, honey, sucrose, fructose and glucose, agave nectar, molasses



1 gram of sugar = about 4 calories

PROS



Natural sugars, like maple syrup and honey, also have a few nutrients and unique flavors, such as maple syrup and honey.

CONS



Natural sugars can raise blood glucose and insulin levels, causing inflammation. Eating more than about 6 tsp. a day increases the risk for having obesity, heart disease, type 2 diabetes, fatty liver disease, and more.