

# 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?

# 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.