



SUGAR SHAKE-UP CHALLENGE

WEEK 3: IS THAT SUGAR GOOD FOR ME?

Are you nervous that if you reduce added sugar, your food and beverages will taste bland? One way to sweeten food and beverages is with a sugar substitute like stevia or xylitol, or artificial sweetener like Sweet’N Low (saccharin) or NutraSweet (aspartame). Sugar substitutes will sweeten food and beverages without the added calories of sugar.

This week we’ll get to know our sugar substitutes. All of the products listed below are better-for-you options that are considered Generally Recognized as Safe (GRAS) for adults by the U.S. Food and Drug Administration*. However, try to limit carbonated beverages like pop/soda. Even if these have sugar substitutes, the acid in the carbonation can cause cavities. Drink in moderation.

If you have questions about using these with medications or a medical or dental issue, talk to your doctor or dentist.

Keep in mind that this week is designed to provide information about sugar substitutes, not promote or warn against them. Use your own personal experiences and taste preferences to determine personal acceptance.

Stevia	<ul style="list-style-type: none"> • Also called Pure Via, SweetLeaf, Truvia • Highly purified extracts from the leaves of a shrub originally from South America • Found in green packages on restaurant tables
Splenda	<ul style="list-style-type: none"> • Also called sucralose • 600 times sweeter than sugar • Stable when heated, can be used in baking and frying • Found in yellow packages on restaurant tables
Equal or NutraSweet	<ul style="list-style-type: none"> • Also called aspartame • Breaks down during heating so cannot be used in cooking • Found in blue packages on restaurant tables
Sweet’N Low	<ul style="list-style-type: none"> • Also called saccharin • Had a warning label from 1981-2001 but has since been declared safe for human consumption by FDA and EPA • Found in pink packages on restaurant tables

* Many of these sugars provide no nutritional value. The Park Nicollet International Diabetes Center has released a practice guideline stating that these sweeteners are considered safe to use when consumed in moderation.



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This week's challenge:

Check the nutrition labels on your food and beverages for sugar substitutes/artificial sweeteners. Write down what you eat and drink that contains these artificial sweetener as an ingredient.

Week 3	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*What foods and beverages have artificial sweeteners?	<ul style="list-style-type: none"> • skinny vanilla latte • diet cola • sugar-free gum 							
What do you eat that tastes sweet?	Breakfast: banana, donut	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
	Lunch: flavored yogurt, cookie	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
	Dinner: apple	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
	Snacks: granola bar, 2 mini candy bars	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

*This is the focus for the week, so make sure you track this. All other rows are optional.