

# NUTRITION



## FACT SHEET

### Facts About Sucralose

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What is sucralose? Sucralose is a non-caloric sweetener made from sugar. It's 600 times sweeter than sugar and has a clean, sweet taste without an aftertaste. Sucralose can be used in place of sugar in many foods and beverages. And, it works well in most home cooking and baking recipes.

#### How is sucralose made?

Sucralose is produced from sugar through a multi-step manufacturing process. During this process a small amount of chlorine is added which changes the structure of the sugar molecule. This change produces a sweetener that has no calories, but is 600 times sweeter than sugar. Chlorine is present naturally in many foods and beverages that we eat and drink every day. For example, lettuce, mushrooms, and table salt contain small amounts of chlorine.

Sucralose was discovered in 1976 and approved for use in 15 food and beverage categories by the Food and Drug Administration (FDA) in 1998. This was the broadest initial approval ever granted by FDA for a food ingredient. The FDA expanded the approved uses for sucralose in 1999, making it a "general purpose" sweetener. Sucralose has also been approved for use in foods and beverages in nearly 80 countries including Canada, Australia and Mexico.

#### What kinds of products contain sucralose?

Sucralose is being used in a broad range of foods and beverages. Currently, the types of products sweetened with sucralose include carbonated soft drinks, low-calorie fruit drinks, applesauce, maple-flavored syrup, yogurt, breakfast cereal, ice cream and dietary supplements.

Sucralose is also available as a tabletop sweetener. The granular tabletop sweetener can be used as a spoon-for-spoon replacement for sugar. It pours and measures like sugar.

#### Who can use sucralose?

It can be used by adults, including pregnant women and nursing mothers, and children of all ages, as part of a healthy eating plan.

#### Is sucralose safe?

The safety of sucralose has been documented by a thorough safety evaluation program. More than 100 studies conducted over a 20-year period have demonstrated the safety of sucralose as a sweetener. Safety studies were conducted in the areas of cancer, genetic effects, reproduction and fertility, birth defects, immunology, the central nervous system and metabolism. No safety concerns in these areas were identified.

#### Can sucralose be used by people with diabetes?

Sucralose is not recognized as a sugar or carbohydrate by the body. It also has no effect on how the body absorbs and uses carbohydrates in other foods. Sucralose has not been shown to raise blood glucose or insulin levels. Studies have

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confirmed that sucralose has no effect on short or long-term blood glucose control for individuals with normal blood glucose levels or for individuals with type 1 or type 2 diabetes.

### What are the benefits of sucralose?

Sucralose offers several benefits including the following:

- Because it has no calories, a wider selection of food choices is available for individuals who wish to limit their calorie intake and for people with diabetes.
- Sucralose does not promote tooth decay.
- It is compatible with commonly used food ingredients including flavors, seasonings and preservatives.
- Sucralose is very heat stable. It can be used in cooking and baking, as well as in food processing that requires high temperatures such as canning.

### How does sucralose help control calories?

Sucralose cannot be used as energy by the body. That's why it has no calories. It passes rapidly through the body virtually unchanged. It is not affected by digestion and not stored in the body. Replacing sugar with sucralose in foods and beverages can significantly reduce the calories as well as total carbohydrate content. Be sure to check the Nutrition Facts panel on the label.

A study presented at the Pediatric Academic Societies Meeting reported that reducing calories by using products containing sucralose, and increasing physical activity, may help children lose or maintain weight. Researchers asked participants in America on the Move Foundation's "Families on the Move Program" to cut 100 calories a day using products containing sucralose and to include an additional 2,000 steps per day.

In the more than 200 participating families, all had at least one overweight child between the ages of 7 and 14 years. One hundred eleven families followed the "Families on the Move Program" while 95 of the families self-monitored their usual calorie and activity levels. After six months, researchers found that 43 of the children following the "Families on the Move Program" lost or maintained weight.

### How do foods and beverages sweetened with sucralose fit into healthful eating?

A recent Calorie Control Council consumer survey reported that 84 percent of adult Americans are incorporating low-calorie, sugar-free foods and beverages into their meal plan as part of a healthy lifestyle. In addition, over eight out of ten (85 percent) current low-calorie, reduced-sugar, sugar-free users are interested in being offered additional low-calorie products. The availability of sucralose will help provide additional products with improved taste, increased stability and, ultimately, more choices for consumers.

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