



Nutrition Education



**Virtual event on May 4th,
9am-2pm.**

Join the Area Agency on Aging and the California Senior Legislature as they discuss **Advancing the Master Plan for Aging**. The Senior Rally is virtual this year with an anticipated record number of attendees from across the state.

Pre-registration is required.

Register online at:

<http://www.4csl.org/senior-rally-day>

Sources:
<https://my.clevelandclinic.org/health/articles/15166-sugar-substitutes--non-nutritive-sweeteners>

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ARTIFICIAL SWEETENERS

Non-nutritive sweeteners, also called sugar substitutes or artificial sweeteners, are substances used instead of sugars to sweeten foods, beverages, and other products such as oral care products and certain medications. They contain few or no calories or nutrients. They have a greater intensity of sweetness compared with sugar, so **smaller quantities are needed for flavoring foods and beverages**.



8 Non-nutritive sweeteners are approved by the Food and Drug Administration (FDA)

1. Aspartame (Equal & NutraSweet)
2. Acesulfame Potassium (Sunett & Sweet One)
3. Stevia (Stevia in the Raw & SweetLeaf)
4. Neotame
5. Advantame
6. Sucralose (Splenda)
7. Saccharin (Sweet 'N Low & SweetTwin)
8. Luo Han Guo or Monk Fruit Extract (Monk Fruit in the Raw)



Benefits

- ◆ Weight control
- ◆ Diabetes control
- ◆ Prevention of tooth decay
- ◆ Pleasant taste

Drawbacks

- ◆ Inadequate calorie intake
- ◆ Nutrition issues: It may replace nutritious beverages like low-fat milk
- ◆ Stability issues
- ◆ Provides NO nutritional advantage

Are They Safe?

- ◆ Considered GRAS (Generally Recognized As Safe)
- ◆ Check FDA website for acceptable daily intake
- ◆ Those diagnosed with PKU (Phenylketonuria) should avoid aspartame (Equal and NutraSweet)

The American Heart Association, suggests: "For those who consume sugar-sweetened beverages regularly, a low-calorie or non-nutritive-sweetened beverage may serve as a short-term replacement strategy, but overall, people are encouraged to decrease both sweetened and non-nutritive-sweetened beverages and use other alternatives, with an emphasis on water intake."