



Natural and Artificial Sweeteners

Natural Sweeteners include honey, sugar, raw sugar, high fructose corn syrup. These range from 45 calories to 56 calories per tablespoon. Artificial sweeteners include Equal, Sweet’N Low, Splenda and Nutrasweet. These have minimal calories.

Natural sweeteners are sugar products from starches of vegetables, fruits, trees, seeds or nuts. They are higher in calories and have a less sweet taste compared to artificial sweeteners.

Artificial sweeteners are very sweet and low in calories. They can be added in small amounts to give a sweeter taste when sugar in that same amount is used. However, removing sugar from a food item does not make it low in calories or in fat overall. These can have adverse side effects in people including flatulence, and upset stomach.

Dental Health

Current data indicates that artificial sweeteners do not cause dental decay or cavities. This is because they contain no carbohydrate products. Bacteria prefer an environment that is high in carbohydrate. Sugar containing sweeteners do attract bacteria and can cause dental issues.

To maintain dental health

- Brush teeth at least twice a day with fluoride-containing toothpaste.
- Use dental floss daily.
- Avoid high carbohydrate containing foods such as candy, chips, and pretzels, which can stay on teeth.
- Brush teeth after meals, and snacks.
- Visit dentist regularly.



Sources: Rd411.com, <http://www.webmd.com/oral-health/guide/tooth-decay-prevention>,
<http://www.ada.org/364.aspx>