

# ARTIFICIAL & NATURAL *sweeteners:* WHAT YOU SHOULD KNOW



## Artificial

### EXAMPLES:

ASPARTAME, SUCRALOSE, ACESULFAME K, SACCHARIN

#### PROS

- May have zero calories
- Can be used in baking and cooking

#### CONS

- Do not offer health benefits
- Being studied for links to cancer
- Processed
- Can leave an aftertaste

## Natural

### EXAMPLES:

HONEY, DATES, SUGAR, COCONUT SUGAR , MAPLE SYRUP  
MOLASSES, AGAVE NECTAR

#### PROS

- Contain small amounts of antioxidants, vitamins and minerals
- Naturally occurring
- Can be organic

#### CONS

- Empty calories
- Can be processed

*Remember,* women should have no more than six teaspoons (25 grams) and men should have no more than nine teaspoons (37 grams) of added sugar per day.