

Position of the American Dietetic Association: Use of Artificial and Nonnutritive Sweeteners

Table 2. Approved nonnutritive sweeteners

Type	kcal/g	Regulatory status	Other names	Description
Saccharin	0	Approved as a sweetener for beverages and as a tabletop sweetener in foods with specific maximum amounts allowed	Sweet and Low, Sweet Twin, Sweet 'N Low Brown, Necta Sweet	200-700 times sweeter than sucrose; noncariogenic and produces no glycemic response; synergizes the sweetening power of nutritive and nonnutritive sweeteners; sweetening power is not reduced with heating
Aspartame	4 ^a	Approved as a general-purpose sweetener	Nutrasweet, Equal, Sugar Twin (Blue box)	160-220 times sweeter than sucrose; noncariogenic and produces limited glycemic response
Acesulfame-K	0	Approved as a general-purpose sweetener	Sunett, Sweet & Safe, Sweet One	200 times sweeter than sucrose; noncariogenic and produces no glycemic response; synergizes the sweetening power of nutritive and nonnutritive sweeteners; sweetening power is not reduced with heating.
Sucralose	0	Approved as a general-purpose sweetener	Splenda	600 times sweeter than sucrose; noncariogenic and produces no glycemic response; sweetening power is not reduced with heating
Neotame	0	Approved as general-purpose sweetener	Not available at time of publication	8,000 times sweeter than sucrose; noncariogenic and produces no glycemic response; sweetening power is not reduced with heating

^aThis sweetener does provide energy; however, because of the intense sweetness, the amount of energy derived from it is negligible.