

List of Sugar Substitutes

Take this list of sugar substitutes with you to the grocery store to help you figure out which sweetener is right for you.

Acesulfame-K: Artificial sweetener up to 200 times sweeter than sugar; has zero calories, and is sold under the brand names of Sunette and Sweet One.

Agave: Liquid natural sweetener one and a half times sweeter than sugar; has 60 calories per teaspoon, and is believed to have a low impact on blood sugar levels.

Aspartame: Artificial sweetener 200 times sweeter than sugar with ten calories per teaspoon. Do not use if you are sensitive to phenylalanine or have phenylketonuria.

Brown Rice Syrup: Liquid sugar substitute made from fermented brown rice. May contain unsafe levels of arsenic. One tablespoon contains 55 calories.

Coconut Sugar: A natural sweetener made from boiling and evaporating the sap of the coconut palm tree. Has 15 calories per teaspoon and is low on the glycemic scale.

High Fructose Corn Syrup: Natural sweetener made from corn and found in many processed foods and beverages. One tablespoon has 53 calories.

Honey: Natural sweetener made from flower nectar harvested by bees. Contains 64 calories per tablespoon.

Maple Syrup: Natural sweetener made from the sap of maple trees. One teaspoon has 52 calories.

Molasses: A thick, dark brown, sweet substance similar in consistency to honey. It is a by-product of sugar cane and sugar beets. Molasses has 58 calories per tablespoon

Saccharin: Sold under the brand names Sweet 'N' Low and Sugar Twin; 300 times sweeter than sugar with zero calories. It is commonly used by diabetics and people looking to lose weight.

Stevia: Comes from the leaves of the Stevia rebaudiana plant and marketed as Truvia, Pure Via, Stevia in the Raw, and Sweet Leaf. Up to 300 times sweeter than sugar with no calories.

Sucralose: Made from sucrose and sold as the brand name Splenda. 600 times sweeter than sugar with zero calories.