

Sugar substitutes (1 of 2)

These are **sweeteners or substitutes** that you can use instead of sugar (e.g., table sugar, honey), and come in 2 categories:

1. Nutritive Sweeteners (also known as caloric sweeteners)

- They are digestible and **contribute to calories**
- **Sugar alcohol** is a commonly used nutritive sweetener
 - ↳ They are neither sugars nor alcohol like wine. Although they have fewer calories and are digested more slowly than sugar, they do contain calories and should not be consumed excessively
 - ↳ **Examples include:**
 - Xylitol (a natural sugar alcohol found in many fruits and vegetables)
 - Sorbitol (commercially produced from glucose)
 - Palatinose (derived from sugar beet)
- Allulose is an uncommon sugar naturally found in figs and raisins, and is much lower in calories compared to sucrose

