

# Sugar substitutes (2 of 2)



## 2. Non-Nutritive Sweeteners

- These **do not contribute to calories**
- Artificial Intense - produced in the laboratory, and includes aspartame and sucralose
- Natural Intense - found in nature, and includes stevia and monk fruit

While sugar substitutes are not actually needed to help manage diabetes, they can be used to sweeten foods, as long as they are **used in small amounts** and generally eaten as part of a meal.