

The Skinny on Sweeteners

FACT SHEET

	Aspartame (Equal)	Sucralose (Splenda)	Saccharin (Sweet'N Low)
1. How sweet is it?	Aspartame is about 200 times sweeter than table sugar.	Sucralose is about 600 times sweeter than table sugar.	Saccharin is about 300 times sweeter than table sugar.
2. How is it made?	Aspartame is made by joining together two amino acids with a methyl ester group. These components are also found in foods eaten everyday.	Sucralose is made through a multi-step process, which results in three chlorine groups being substituted onto a sugar molecule.	Saccharin is made through a multi-step process combining two chemical groups, including a sulfur molecule.
3. Is it safe?	Yes. Aspartame is safe and FDA approved. The FDA has studied aspartame throughout the last 23 years, and has never had any safety concerns.	Yes. Sucralose is safe and FDA approved. More than 100 scientific studies on sucralose, done over a 20-year period, have demonstrated the safety of sucralose.	Yes. Saccharin is safe and FDA approved. Saccharin has been the subject of extensive scientific research. It is one of the most studied ingredients in the food supply.
4. How is it handled by the body?	Aspartame is digested by the body.	Most sucralose passes through the body unchanged; a small percentage of sucralose is absorbed and metabolized.	Saccharin passes through the body unchanged.
5. How many studies have been conducted?	More than 200 scientific studies done over 35 years have demonstrated the safety of aspartame.	More than 100 scientific studies of sucralose done over 20 years have demonstrated the safety of sucralose.	More than 30 human studies done over 20 years have demonstrated the safety of saccharin.
6. Can you cook and bake with it?	Yes. Equal's Spoonful product is great for use in recipes, and adds great taste without all the calories to many of your favorite recipes. Equal Spoonful measures cup-for-cup just like sugar. More than 125 Equal recipes are available online at equal.com	Yes. Splenda (sucralose) comes in a bulk package that also measures cup-for-cup, just like sugar. More than 75 recipes are available online at splenda.com	Yes. However Sweet'N Low does not directly convert from sugar. A conversion chart is available on the back of Sweet'N Low packages. More than 75 recipes are available online at sweetnlow.com .
7. What products contain it?	Aspartame is the sweetening ingredient in Equal® and is found in more than 6,000 products, including Eli's cheesecake and Diet Coke®.	Sucralose is the sweetening ingredient in Splenda® and is found in products including Diet Rite® and Blue Bunny® yogurt.	Saccharin is the sweetening ingredient in Sweet'N Low® and is found in products including Sweet'N Low® Brand cookies and candy.

Commonly Asked Questions

Is Splenda natural? **Q** { **A**: No. Splenda is not natural. The sweetening ingredient in Splenda is sucralose. Sucralose is made by substituting chlorine on the sugar molecule.

Is one sugar substitute safer than the others? **Q** { **A**: No. Equal, Splenda and Sweet'N Low are all safe and FDA approved.

Does aspartame cause cancer, MS or brain tumors? **Q** { **A**: Aspartame does not cause cancer, MS, brain tumors or any other medical condition. The FDA, American Cancer Society, the National Cancer Institute, the Multiple Sclerosis Foundation, and many more medical associations have concluded that aspartame is safe for use.