

Guide to Sweeteners for Diabetes

While they can help satisfy a sweet tooth, it's important to understand how different sweeteners impact glucose.

Artificial Sweeteners

Artificial sweeteners are synthetic compounds that add sweetness to foods without significantly impacting glucose levels. While they're generally safe for most—even those with diabetes— their individual impact can vary and they should be consumed in moderation. Excessive intake can cause digestive issues. Common artificial sweeteners include:

- **Saccharin:** Found in products like Sweet'N Low.
- **Aspartame:** Found in products like NutraSweet and Equal.
- **Sucralose:** Found in products like Splenda.
- **Acesulfame Potassium (Ace-K):** Often used in combination with other sweeteners.

Natural Sweeteners

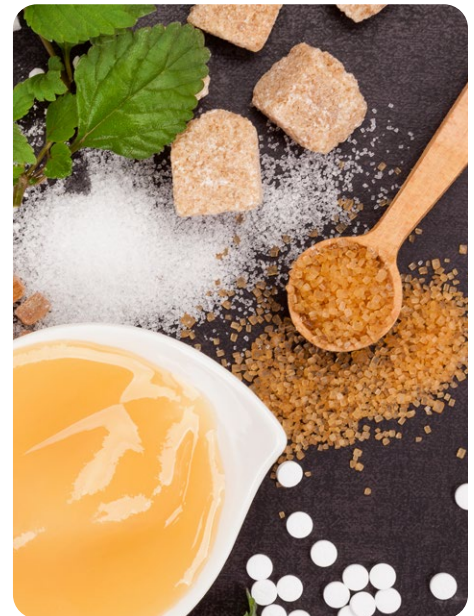
Natural sweeteners are derived from plants or other natural sources. They can be healthier alternatives to regular sugar, but may contain carbohydrates and can still affect glucose levels. You should consume them in moderation and monitor their impact on your blood sugar. Popular natural sweeteners include:

- **Stevia:** A plant-based sweetener that is much sweeter than sugar.
- **Monk Fruit:** A low-calorie sweetener derived from a fruit.
- **Honey:** A natural sweetener with a distinct flavor.
- **Maple Syrup:** A natural sweetener with a rich flavor.

Sugar Alcohols

Sugar alcohols are only partially absorbed by the body. They can cause digestive issues in some people, such as gas and bloating. Common sugar alcohols include:

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| • Sorbitol | • Erythritol |
| • Xylitol | • Maltitol |



Tips for Using Sweeteners Wisely

- **Read Food Labels:** Check labels for hidden sugars and added sweeteners.
- **Choose Nutrient-Dense Foods:** Prioritize fruits, vegetables, and whole grains.
- **Practice Portion Control:** Even with sugar substitutes, it's important to limit your intake.
- **Consult with a Healthcare Provider:** Discuss your specific dietary needs and any concerns about sweeteners with your healthcare provider.

By making informed choices and consulting with your healthcare provider, you can enjoy the sweetness of life while managing your diabetes effectively.



Working with US MED and ADS for Better Diabetes Management

At US MED and Advanced Diabetes Supply (ADS), we're committed to supporting you in managing your diabetes with the best tools and resources available. Whether you're navigating sweeteners or seeking the latest diabetes technology, our DME services are designed to make your life easier. From continuous glucose monitors (CGMs) to blood glucose meters, we offer personalized, reliable delivery of the products you need. With our knowledgeable team by your side, you can feel confident in your diabetes care. Contact us today to discover how we can help you manage diabetes and make healthier choices with ease.

We're committed to your health. Contact us today for more information.



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