

Name	Common Names	Description
Aspartame	Nutrasweet/Equal	180-200x sweeter than sugar
Sucralose	Splenda	600x sweeter than sugar
Monk Fruit	Luo Han Guo, Siraitia Grosvenorii, Nectresse	300x sweeter than sugar
Stevia	Truvia	300x sweeter than sugar
Xylitol	Sugar Alcohol, Birch Sugar	Equal sweetness to sugar
Sorbitol	Sugar Alcohol	60 percent as sweet as sucrose
Maltitol	MultiSweet, Sweet Pearl	75-90 percent of the sweetness of sugar

Saccharin

Sweet N'Low

300x sweeter than sugar

Other Uses	Safety
Originally created as an intermediate for an anti-ulcer drug	People with phenylketonuria (PKU) should avoid aspartame due to a deficiency in the enzyme that breaks down phenylalanine. Blamed for a number of health problems, including headaches, seizures, chronic fatigue
Created as a sugar substitute	Sucralose has been downgraded from "safe" to "caution" recently, after new studies show a possible link to leukemia
Historically used in traditional Chinese medicine to treat	FDA recognizes it as safe; no negative side effects reported
Stevia leaves have been historically used in South America as a sweetener and medicine	Limited amounts not dangerous, however named "unsafe food additive" by FDA in 1991; labels must declare presence of Stevia.
Naturally occurs in plant materials	May cause tumors with high dosage; can be fatal to dogs; GI distress
Occasionally used in laxative medicines and dental products	U.S. FDA requires foods which may result in the daily ingestion of 50 grams or more of sorbitol to include the warning: "Excess consumption may have a laxative effect."
Derived from corn and mainly used as a sugar substitute	The European Journal of Clinical Nutrition notes that maltitol is associated with stomach and abdominal pain in adults. Often experience of gas and diarrhea

Used as a sugar substitute

FDA tried to ban because some animal studies showed that it caused cancer and carried warning label until late 1990s. Determined it was not a risk factor in humans and was removed from list of carcinogens.

Products Containing Sweetener	Reference
Weight Watchers Yogurt, Dannon Activita Yogurt, Diet Sodas, Sprite Zero, Coke Zero	http://science.howstuffworks.com/innovation/edible-innovations/artificial-sweetener6.htm
Musselman's No Sugar Added Applesauce, Snapple Beverages, Atkins Diet Advantage Bar	http://www.medicalnewstoday.com/articles/262475.php
Quest Bar	http://www.ncbi.nlm.nih.gov/pubmed/21631112
Quest Bar, SoBe Life Water, Odwalla Juices	http://www.ncbi.nlm.nih.gov/pubmed/8143647
Jello Sugar-Free Pudding, Stride Gum, Orbit Gum, Trident Gum	http://www.webmd.com/vitamins-supplements/ingredientmono-996-xylitol.aspx?activeIngredient
Sugar Free Candies, Special K Bars, Orbit Gum, Five Gum, Stride Gum, Vitamin Water Zero, Flintstones Complete Chewable Vitamins, Crest Plus Scope Toothpaste, Colgate Total	http://www.livestrong.com/article/247972-is-sorbitol-dangerous-for-children/
Think Thin Bars, EAS AdvantEDGE Carb Control Bar, Orbit Gum, Stride Gum	http://www.livestrong.com/article/250589-negative-side-effects-of-maltitol/

Diet Coke, Diet Pepsi

<http://science.howstuffworks.com/innovation/edible-innovations/artificial-sweetener5.htm>
