

## **Artificial Sweeteners**

The first one available in the market was **Saccharin**; the fear was there because of the fear of bladder cancer. Large amounts of saccharin cause cancer in laboratory animals, such as rats. Evidence from studies done on people suggests that saccharin does not cause cancer in humans. Saccharin can be used in both hot and cold foods to make them sweeter.

Saccharin may help people who have diabetes or are obese stick to a healthy, low-calorie meal plan. The American Diabetes Association recommends that pregnant women avoid heavy use of saccharin.

**Aspartame** is the next one available. Aspartame is a newer artificial sweetener. Because it is 180 times as sweet as sugar, you need only a tiny amount to sweeten food. So even though it does have calories, it adds almost no calories to food because you use so little. Extensive investigation so far hasn't shown any serious side effects from aspartame.

One problem with aspartame is that it loses its sweetness when heated. As a result, you cannot use it in baked goods, such as cakes. You can use it in top-of-the-stove foods like pudding by adding it at the very end of cooking.

**Sucratose** is a tabletop sweetener and is used in products such as baked goods, nonalcoholic beverages, chewing gum, frozen dairy desserts, fruit juices and gelatins.

**Acesulfame potassium** is the newest artificial sweetener on the market is acesulfame potassium. This sweetener can be used in baking and cooking because it does not break down when heated. But the texture of baked goods is not the same with acesulfame-K as with sugar. To get a good texture, you might need to add some sugar.

***In Summary, the indications for using artificial sweetener are people with Diabetes and people who want to reduce calorie intake for treatment/prevention of obesity.***