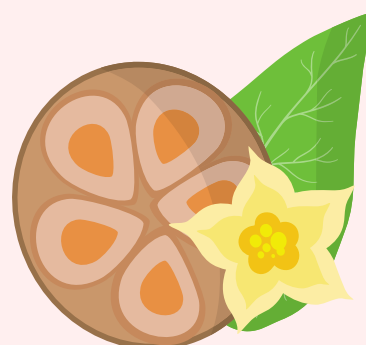


# HOW HEALTHY ARE SUGAR SUBSTITUTES?

## COMMON SUGAR SUBSTITUTES

- Artificial sweeteners: acesulfame potassium, aspartame, sucralose, etc.
- Natural alternatives: Stevia, Monk Fruit



## WHO RECOMMENDATIONS:

- Avoid using non-sugar sweeteners (NSS) for weight control or disease prevention.
- Reducing overall sweetness in the diet is advised, with a preference for natural whole foods.

## HEALTHY TIPS TO IMPLEMENT

- Opt for water over sweetened or NSS beverages.
- Use fruits (e.g., berries, citrus) to add natural sweetness to foods.
- Gradually decrease your overall sweetness intake to retrain taste buds.

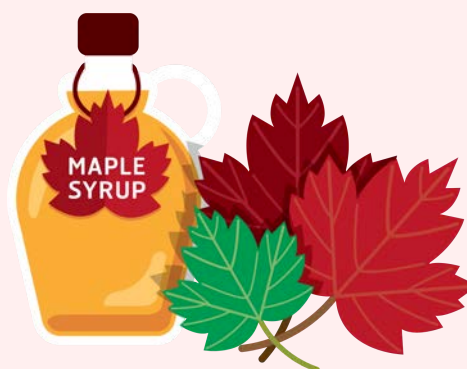


## MORE ABOUT NATURAL SUGARS

- Honey, maple syrup, and agave nectar are natural but should be consumed in moderation due to high calorie content.
- They offer minor nutritional benefits but act like sugar in the body.

## SUGAR TIPS TO CONSIDER

- Avoid giving honey to infants under 1 year due to the risk of botulism.
- Ensure maple syrup is pure, without added high-fructose corn syrup.



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