



Sucralose as sugar substitute

Published On: 07-08-2024

Why in news?

A recent article published in the journal “**Diabetes therapy**”, examining the effects of replacing sucrose (table sugar) with an artificial sweetener, Sucralose has found that **judicial use of Sucralose** had no adverse impact on glucose or HbA1c levels, and shows significant improvement in body weight and BMI.

What is sucralose?

Sucralose is a type of **artificial sweetener** used as a sugar substitute.

Chemically, it is a chlorinated derivative of sucrose (table sugar).

It is known for **being much sweeter than sucrose**—about 600 times sweeter—while containing **virtually no calories**.

Artificial sweeteners:

Artificial sweeteners are sugar substitutes that are used as alternatives to natural sugars.

These sweeteners are chemically synthesized and provide a sweet taste without the high calorie content of regular sugar.

They are commonly used in various food and beverage products, including diet sodas, sugar-free desserts, and low-calorie snacks.

Some examples of artificial sweeteners are **saccharin, aspartame, acesulfame potassium (Ace-K), sucralose, neotame, and advantame**.

Negative Impacts:

Controversial Health Effects:

Some studies suggest potential negative health effects of artificial sweeteners, such as an **increased risk of metabolic disorders, and disrupted gut microbiota**. However, scientific evidence remains inconclusive.

Digestive Issues:

Some people may experience digestive discomfort, such as bloating, gas, or diarrhea, after consuming products containing artificial sweeteners.