

# sweet stuff

There are a variety of sweeteners on the market. Sweeteners can be added to food or drinks before serving or may be incorporated into diet products by food manufacturers. Sweeteners can be natural, eg. Honey, Stevia, cane sugar, or artificial eg. sodium saccharin or aspartame.

In Australia, the Australia New Zealand Food Authority (ANZFA) have reviewed the evidence regarding the safety of artificial sweeteners available in Australia and have decided that they are safe when used in moderation.

## Did you know?

Studies have shown that many artificial sweeteners contain ingredients that can stimulate your appetite, increase carbohydrate cravings and stimulate fat storage and weight gain.

Xylitol and Stevia are natural alternative to artificial sweeteners such as sodium saccharin or aspartame.

**Xylitol** – is a 100% natural sweetener that has many advantages for your health that other sweeteners and natural sugars do not. Xylitol is a natural substance found in fibrous vegetables and fruit, as well as corn cobs and various hardwood trees like birch. Xylitol is also produced naturally in our bodies; in fact we make up to 15 grams daily during normal metabolism.

Xylitol is a natural insulin stabiliser, therefore it does not cause abrupt rises and falls in blood sugar levels and helps to control sugar and carbohydrate cravings. Xylitol has no known toxic levels and looks, tastes and feels exactly like sugar. It leaves no unpleasant aftertaste.

**Stevia** - Stevia Rebaudiana is an herb in the Chrysanthemum family which grows wild as a small shrub in parts of Paraguay and Brazil. Studies have indicated that Stevia tends to lower elevated blood pressure but does not seem to affect normal blood pressure. It also inhibits the growth and reproduction of some bacteria and other infectious organisms, including the bacteria that cause tooth decay and gum disease. Stevia is 200 times sweeter than sugar so only a small amount is needed.

Artificial sweeteners may be safe when consumed in moderation, but problems could arise when they are used in excessive quantities. Please read the package labelling before consuming a sweetener. SureSlim recommends that you consume natural sweeteners such as Xylitol or Stevia in place of artificial sweeteners.

<http://www.daa.asn.au/index.asp?PageID=2145834339>, [www.nexusmagazine.com](http://www.nexusmagazine.com), <http://www.healthysshopping.com/sweetleaf/>

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