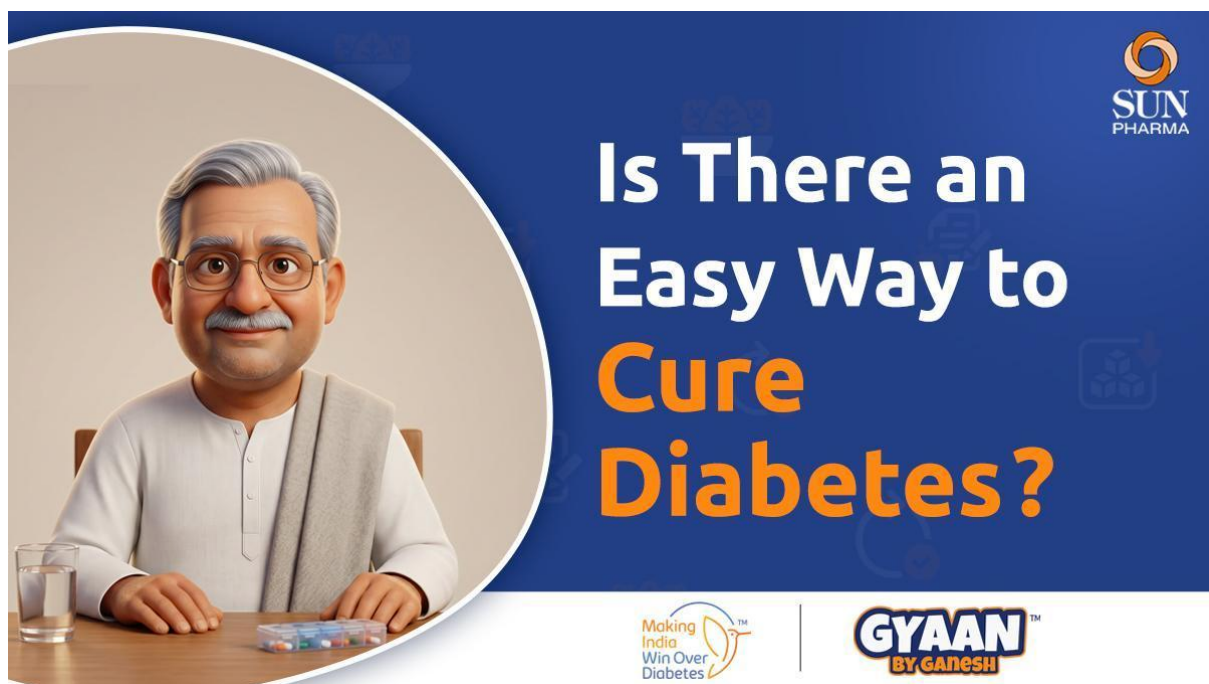


Article 1: Sugar-Free but Safe? What Diabetic Should Know About Artificial Sweeteners

The number of people living with diabetes is increasing rapidly across the world. At the same time, the popularity of sugar-free or artificial sweeteners as an alternative to regular sugar has also grown, mainly because they help control blood sugar levels and support weight management.

However, an important question remains, **How effective and beneficial are artificial sweeteners for people with diabetes? Do they have any long-term negative effects?** Researchers and healthcare experts continue to study these questions.



Gyaan by Ganesh - Making India Win Over Diabetes is an awareness initiative by Sun Pharma, in partnership with the American Diabetes Association, focused on helping Indians better understand, prevent, and manage diabetes through expert backed information.

Why Are Artificial Sweeteners Popular?

One of the biggest advantages of artificial sweeteners is that, unlike regular sugar, they contain little or no calories and do not significantly raise blood glucose levels immediately after consumption. Because of this, many people use them as a substitute for sugar to help manage their weight and blood sugar levels. Their effects are not limited to laboratory research; millions of people use them in their daily lives, especially individuals with diabetes.

Are Artificial Sweeteners Good or Bad?

Experts have differing opinions, and there has been ongoing discussion about

whether artificial sweeteners have side effects. Some studies suggest that long-term consumption of artificial sweeteners, particularly in processed foods and beverages, **may** have negative health effects. These may include:

- Increased risk of high blood pressure.
- Higher risk of heart disease.
- Changes in the balance of gut bacteria.
- Possible digestive problems when consumed in large amounts.

What Do Doctors and Nutritionists Say?

“Artificial sweeteners can help people with diabetes reduce their intake of added sugar without causing an immediate rise in blood glucose. However, ‘sugar-free’ does not automatically mean healthy or suitable for unlimited consumption, as these products may still contain carbohydrates, calories or other processed ingredients. Patients should read nutrition labels carefully, consume sweeteners in moderation and focus on gradually reducing their overall preference for overly sweet foods.”

Dr.....



Dr. Abhirup Banerjee
Endocrinologist, SSKM Hospital, Kolkata

“আর্টিফিশিয়াল সুইটনার ডায়াবেটিস রোগীদের রক্তে শর্করার মাত্রা তাৎক্ষণিকভাবে না বাড়িয়ে অতিরিক্ত চিনি খাওয়ার পরিমাণ কমাতে সাহায্য করতে পারে। তবে, ‘সুগার-ফ্রি’ বা ‘চিনি-মুক্ত’ মানেই তা স্বাস্থ্যকর কিংবা আনলিমিটেড খাওয়ার উপযোগী নয়, কারণ এই পণ্যগুলিতে কার্বোহাইড্রেট, ক্যালোরি বা অন্যান্য প্রক্রিয়াজাত উপাদান থাকতে পারে। রোগীদের পুষ্টির লেবেল সতর্কতার সাথে পড়া উচিত, পরিমিত পরিমাণে সুইটনার গ্রহণ করা উচিত এবং ধীরে ধীরে অতিরিক্ত মিষ্টি খাবারের প্রতি তাদের সামগ্রিক ঝোঁক কমিয়ে আনার দিকে মনোযোগ দেওয়া উচিত।”

SUN PHARMA

Making India Win Over Diabetes

GYAAN
BY GANESH

Medical professionals and nutrition experts generally agree that:

- Artificial sweeteners are **not considered harmful** when consumed within recommended limits.
- They are **not a magical cure** for diabetes or obesity.
- People with diabetes may consume artificial sweeteners in moderation.
- However, evidence regarding their long-term effects

remains mixed.

Some research indicates they help reduce sugar intake, while other studies suggest they may contribute to digestive issues. Therefore, anyone planning to use artificial sweeteners regularly should consult a qualified doctor or registered dietitian to determine what is most appropriate for their individual health needs.

Which Artificial Sweeteners Are Considered Safe?

Experts note that low-calorie sweeteners have become increasingly popular among people with diabetes because they add sweetness with very few or no calories. Scientific research has found that approved sweeteners such as:

- Sucralose
- Aspartame
- Acesulfame Potassium
- Stevia

can be safely consumed **within the recommended daily intake limits**.

These sweeteners generally have little or no effect on blood glucose levels. Since reducing added sugar intake is one of the key ways to control high blood sugar, low-calorie sweeteners can help satisfy sweet cravings without causing sudden spikes in blood glucose. They may also support weight management by reducing overall calorie intake when used in place of sugar.

Experts emphasize that artificial sweeteners **are not a cure-all**. Moderation remains the best approach. When used appropriately, low-calorie sweeteners can be a safe substitute for sugar for people with diabetes. However, they should be viewed as **a supportive tool—not a replacement** for the foundations of diabetes management, which include:

- A balanced, nutritious diet rich in vegetables, fruits, whole grains, and protein.
- Regular physical activity.
- Adequate sleep.
- Following medical advice from healthcare professionals.

Ultimately, managing diabetes requires a healthy lifestyle rather than relying solely on sugar substitutes. Artificial sweeteners can certainly replace sugar, but depending on them while neglecting other healthy habits is unlikely to produce positive health outcomes.

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