

Tips to Understand Artificial Sweeteners

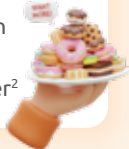


Not all sweeteners work the same

There are artificial sweeteners (like aspartame), sugar alcohols (like sorbitol), and natural sweeteners (like stevia). They behave differently in the body¹

Too much sweetness can increase cravings

Very sweet taste again and again can make your brain want more sweet food later²



Moderation matters most

1–2 servings a day are usually safe. Too much can cause bloating or loose motions, especially sugar alcohols³



Sugar-free does not always mean healthy

Sugar-free biscuits or drinks may still contain refined carbs, fats, or additives that aren't great for diabetes⁴

The best long-term fix? Reduce overall sweetness

Slowly cutting down sweetness helps control cravings better than switching from sugar to sweeteners⁵

A patient awareness initiative by Sun Pharma.
The image used is for representation purpose only.

This leaflet is for patient education/awareness purpose only. It does not replace the advice or counsel of a doctor or health care professional. Sun Pharmaceuticals Laboratories Limited (SPLL) makes every effort to provide information that is accurate and timely, but makes no guarantee in this regard. You should consult with, and rely only on the advice of, your physician or health care professional. No part of this may be reproduced, transmitted or stored in any form or by any means either mechanically or electronically without prior intimation to Sun Pharmaceuticals Laboratories Limited (SPLL).

References: 1. Nutrition for Life: Sugar Substitutes. Available at: https://professional.diabetes.org/sites/dpro/files/2023-12/sugar_substitutes.pdf Accessed: 20 April 2026. 2. Qin D, et al. Brain Behav. 2025;15(7):70338. 3. Mäkinen KK. Int J Dent. 2016;2016:5967907. 4. Get to Know Carbs. ADA. Available at: <https://diabetes.org/food-nutrition/understanding-carbs/get-to-know-carbs#:~:text=A%20word%20of%20caution%E2%80%9494claims,and%20calories%20you%20are%20eating>. Accessed: 20 April 2026. 5. Casperson SL, et al. Appetite. 2017;112:143-149.

