

The skinny on SLENDA®



What is SLENDA® Brand Sweetener (sucralose)?

SLENDA® Brand Sweetener, also known as sucralose, is a no-calorie sweetener that can be used as part of a healthy diet to help reduce the calories, carbohydrates, and sugar you consume. It is made through a patented process that starts with sugar and converts it to a no-calorie, noncarbohydrate sweetener.

If SLENDA® Brand Sweetener (sucralose) starts from sugar, can people with diabetes use it?

Yes. Even though **SLENDA® Brand Sweetener** starts with sugar, it goes through a patented process that changes it and the result is a sweetener that tastes like sugar, without any of sugar's calories.

The body does not recognize **SLENDA® Brand Sweetener** as a sugar. In fact, clinical studies have shown that **SLENDA® Brand Sweetener** (sucralose) does not affect blood glucose levels, insulin, or HbA_{1c}. Up to 4 packets, or 8 teaspoons, of **SLENDA® No Calorie Sweetener** are considered a "free food" in meal plans for those with diabetes.*

Like other no-calorie sweeteners, the granulated and packet products contain small amounts of carbohydrate (<1 gram per serving) that provide needed volume and texture. These common food ingredients add so few calories per serving that all **SLENDA® No Calorie Sweetener** Products meet the Food and Drug Administration's (FDA's) criteria for no-calorie foods (<5 calories/serving).

Is there anyone who can't use SLENDA® Brand Sweetener (sucralose)?

SLENDA® Brand Sweetener is suitable for everyone. The sweet taste can be enjoyed by the whole family, including people with diabetes, children, and women who are pregnant or nursing.

How does SLENDA® Brand Sweetener (sucralose) compare to other no-calorie sweeteners?

SLENDA® Brand Sweetener is unique among no-calorie sweeteners. It has a clean, sugar-like taste without the bitter aftertaste of some other no-calorie sweeteners like saccharin and acesulfame-K. Unlike aspartame, it holds up to heat, so it can be used in cooking and baking.

SLENDA® Brand Sweetener is found in over 4000 products worldwide and helps make healthy meal planning possible.

*The American Dietetic Association and the American Diabetes Association consider a free food to be any food or beverage that contains less than 20 calories and 5 grams or less of carbohydrate per serving.



How can **SPLENDA® Brand Sweetener (sucralose)** help with weight management?

As a replacement for sugar, **SPLENDA® Brand Sweetener** can help decrease caloric intake. For every 2 teaspoons of sugar you replace with **SPLENDA® No Calorie Sweetener**, you save over 25 calories. So, for example, if you have 2 cups of coffee (with 2 teaspoons of sugar in each), you can save over 50 calories!

A 2007 study published in *Pediatrics*®, the official journal of the American Academy of Pediatrics, demonstrated that by making 2 simple changes daily—using **SPLENDA® Brand Sweetener** as part of a program to reduce calorie intake and increasing activity levels—families can help overweight children slow their rate of weight gain.*

Using **SPLENDA® Brand Sweetener** along with regular physical activity can be a great way to help with weight management.

What happens to **SPLENDA® Brand Sweetener (sucralose)** after you eat it?

Most sucralose (about 85%) is never absorbed after you eat it and it is excreted out of the body in your stool. The remaining small amount is absorbed and is then excreted basically unchanged in the urine since sucralose is not broken down by the body.

How do I know **SPLENDA® Brand Sweetener (sucralose)** is safe?

SPLENDA® Brand Sweetener has no known side effects. Sucralose (or **SPLENDA® Brand Sweetener**) has been the subject of extensive safety testing, with more than 20 years of research and over 110 scientific studies. Its safety is well documented and the FDA, along with regulatory, health, and food safety authorities from around the world, have concluded that it is safe. Sucralose is approved in over 80 countries and has been used throughout the world by millions of people since 1991. It is currently found in more than 4000 products worldwide and there are no warning labels on the products to exclude anyone from enjoying **SPLENDA® Brand Sweetener**.

What is **SPLENDA® No Calorie Sweetener with Fiber**?

SPLENDA® with Fiber is a great way to help reduce calorie, carbohydrate, and sugar intake and increase the amount of fiber consumed daily. Each packet has the same sweetness people love, but with the added benefit of 1 gram of soluble fiber. And it can be used in beverages, on fresh fruit, hot and cold cereals, and whole grains. For those who are health conscious, it's a great way to reduce intake of added sugars and increase dietary fiber at the same time.

Can I use the **SPLENDA® No Calorie Sweetener** that I purchased over a year ago?

Yes. There is no expiration date required on **SPLENDA® No Calorie Sweetener** Granulated or Packet products. They are very stable and can remain in your home for years without losing sweetness. However, they should be stored in a cool dry place to avoid moisture.

Some of the **SPLENDA® Sweetener** Products, such as **SPLENDA® with Fiber** and **SPLENDA® Flavors for Coffee** do have “best if used by” dates.

For more information, visit www.splenda.com or call 1-800-7-SPLENDA (1-800-777-5363).

