

Sucralose as sugar substitute

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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.

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