



- 1 Marketed as a natural sweetener and approved just last year by the FDA. Made from a South American plant. Some studies found that derivatives of it, or certain purified chemicals within the plant, caused DNA damage in animals.
- 2 Developed more than 100 years ago and used in many diatetic food and beverage products. Found to cause cancer in animals but not in people. About 200 to 700 times sweeter than sugar.
- 3 A combination of fructose, glucose and water. Produced by bees.
- 4 Made by adding molasses to refined white c"gar.
- 5 A sugar alcohol, meaning its chemistry is no longer sugar but a carbohydrate. Mostly used for sugar-free candy or gum.
- 6 Boiled-down maple syrup with the same chemistry as table sugar.
- 7 The benchmark for all sweeteners. Comes from sugar cane and sugar beets.
- 8 Comes from the residue of sugar cane processing.
- 9 Sweetness comes from combining two amino acids. Approved by the FDA in 1981.
- 10 600 times sweeter than sugar. Can be used for baking. Stimulates the taste buds fast for sweetness. Approved by the FDA in 1998.