

Sweetening Foods

It is well known that everyone should be eating less sugar and sweet foods and for people with diabetes, it is especially important to limit sweet foods to help keep blood glucose (BG) levels on target. Some sweeteners can make your food taste sweet without raising your BG and some sweeteners can raise BG. This factsheet helps you to decide the best sweeteners to use.

Top Tips for Sweetening your recipes

- Fresh or dried fruit is our first choice to sweeten breakfast cereal, puddings and baked goods- see our recipes.
- Xylitol is our choice of sweetener to sweeten breakfast cereal, baking and desserts that you can't sweeten with fruit alone. It is the only sweetener that does not negatively affect your gut health. Xylitol does contain carbs so you do need to carb count and give insulin when it is eaten. However, you only need to carb count for half of the carbs (e.g. if there is 50g xylitol in the recipe, carb count for 25g). It shouldn't give you diarrhoea as only smaller amounts are needed as it is intensely sweet
- Stevia is our choice of sweetener in carb free recipes, tea and coffee as you don't have to carb count it. It shouldn't give you diarrhoea as only smaller amounts are needed as it is intensely sweet
- If you don't want to use sweeteners, most sponge cake recipes will still work if you halve the amount of sugar the recipe says.
- If you are buying your dessert, choose reduced sugar ready-made desserts, e.g. natural or diet yoghurt, sugar free jelly, low sugar rice pudding, low sugar mousse, tinned fruit in own natural juice or water (not concentrated juice or syrup).

We are here to help you enjoy your food and still manage your BG levels. We have a lot of recipes and ideas available if you would like them, just let us know. Ring 01282 804700 and ask for Michelle Teare.



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