

19 NAMES FOR SUGAR ALTERNATIVES

It’s not easy to sleuth out sugar substitutes in products you buy because these additives go by so many different names. Here, a list to consult when reading labels and searching for sweeteners.

- Acesulfame potassium
- Advantame
- Allulose
- Aspartame
- Brazzein
- Erythritol
- Lactitol
- Maltitol
- Mannitol
- Monk fruit (Luo Han Guo)

- Neotame
- Rebaudioside A (Reb-A)
- Saccharin
- Sorbitol
- Stevia
- Sucralose
- Thaumatococcus
- Trehalose
- Xylitol