

**SWEET THINGS.....
BITTER TRUTH.....**

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Sweet Rewards



Sweetness never ends....

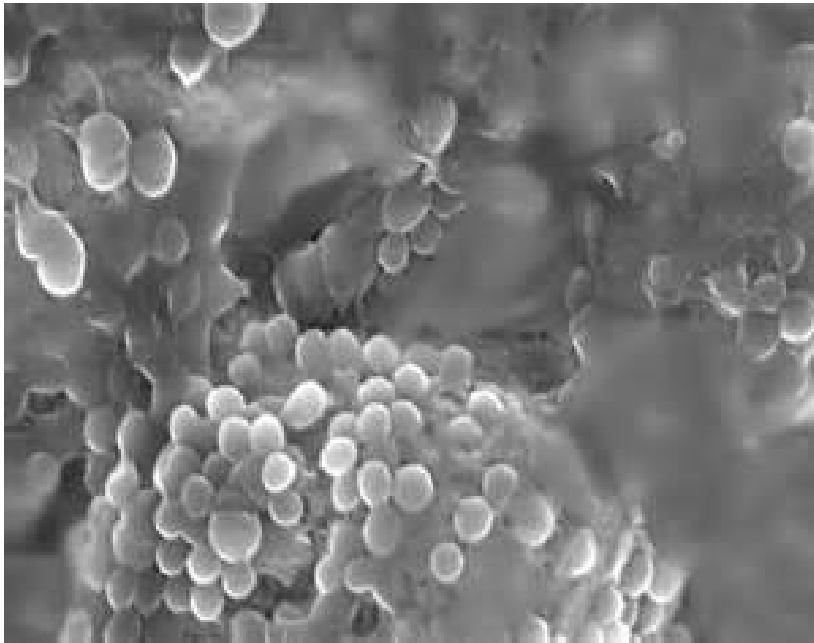




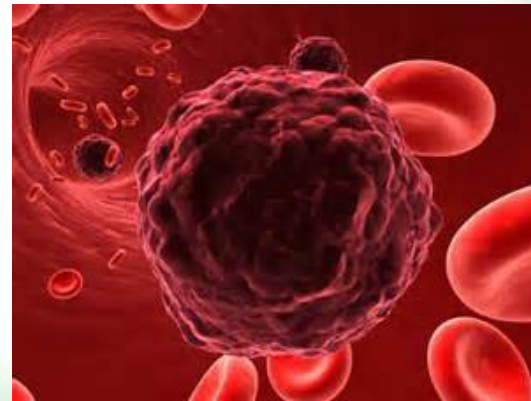
Sugar is among the Top 10 most consumed foods by Filipinos...

Sugar, despite its many other uses other than for making confectionery and sweetening foods, has been tagged as among the “negative ingredients “ in food.





Sugar has been linked to diseases like cancer, diabetes, obesity, and to bacterial and yeast growth as well...thus the search for its substitute especially in manufacturing foods.....





For patients with diabetes, cancer and illness needing nutrition support formula as part of dietary regimen, the type of sugar and its substitute that has been used, should be highly considered.



Artificial sweeteners are synthetic sugar substitutes but may be derived from naturally occurring substances, including herbs or sugar itself.



Artificial sweeteners

Acesulfame
potassium (Sunett,
Sweet One)

Aspartame (Equal,
NutraSweet)

Neotame

Saccharin
(SugarTwin, Sweet'N
Low)

Sucralose (Splenda)

A worry-some study from Duke University showed that a branded sucralose-containing artificial sweetener suppressed “good” bacteria and has negative effects on availability of drugs and nutrients – an undesirable effect that can affect patient care when sucralose-sweetened formula are provided.



Sugar alcohols (polyols) are carbohydrates that occur naturally in certain fruits and vegetables. They're not considered intense sweeteners. because they aren't sweeter than sugar.

Erythritol, Hyrdogenated Starch Hydrosylate, Isomalt, Lactitol, Maltitol, Mannitol, Sorbitol and Xylitol



Potential Health Concern with Sugar Alcohols

When eaten in large amounts, usually more than 50 grams but sometimes as little as 10 grams, sugar alcohols can have a laxative effect, causing bloating, intestinal gas and diarrhea.



Novel sweeteners are combinations of various types of sweeteners. Novel sweeteners, such as stevia, are hard to fit into one particular category because of what they're made from and how they're made



Note that although the **FDA** has approved highly refined stevia preparations as a novel sweetener, *it has not approved whole-leaf stevia or crude stevia extracts for this use.*





The sweet taste of the leaf was first described
by: Stevia Rebaudiana Bertoni

It is 20 times sweeter than sugar in
unprocessed form

250 – 300 times sweeter than sugar in
processed form



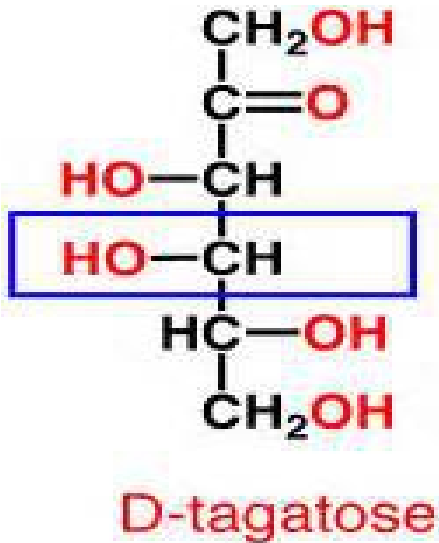
Two Major Glycosides in Stevia:

Stevioside

REBaudioside A

The components are metabolized into steviol but is not absorbed in the body





Tagatose is a low-carbohydrate sweetener similar to fructose that occurs naturally but is also manufactured from lactose in dairy products. Foods containing tagatose can't be labeled as "sugar-free." Trehalose is found naturally in mushrooms.

A Bitter-Sweet Note

When giving, suggesting/recommending enteral nutrition formula for oral consumption, consider the sweetening ingredient used.

Whether you go for those with Artificial Sweeteners, or with Sugar Alcohol or with Novel Sweeteners...note that each patient has their individual profile to consider.....The sweetener used can have its effect on drug absorption or on GIT health over-all.



**Thank you
for your kind attention**

