

## Reduced-Calorie Sweeteners: Polyols

The following sweeteners are approved for commercial use in the United States. These "polyols", sugar alcohols, provide calories but less than the 4 calories per gram provided by sucrose. Thus, they are referred to as "reduced calorie," and the FDA permits the use of these lower calorie determinations for labeling purposes.

### **Hydrogenated Starch Hydrolysates (HSH)**

A mix of sorbitol, malitol and hydrogenated oligo-saccharides. Depending on the mix, the sweetness varies from 25-50% of that of sucrose. Suitable for a variety of confections. FDA permits use of 3 calories per gram.

### **Isomalt**

45-65% as sweet as sucrose. Can be used in candies, gums, ice cream, jams and jellies, fillings and frostings, beverages, baked products. FDA allows use of 2 calories per gram.

### **Lactitol**

Provides bulk and texture of sucrose with half the calories. 30% to 40% as sweet as sucrose. Can be used in baked goods, gum, confections, frostings, frozen dairy desserts and mixes, jams, jellies. FDA allows use of 2 calories per gram.

### **Maltitol**

About 0.9 times as sweet as sucrose with similar sweetness and body. Particularly good for use in candy coatings. FDA allows the caloric value of 3.0 per gram.

### **Mannitol**

About 0.7 times as sweet as sucrose. Used as a bulking agent in powdered foods and to "dust" chewing gum. Consuming more than 20 grams (0.7 oz.) a day may have a laxative effect. FDA permits the value of 1.6 calories per gram.

### **Sorbitol**

About 0.5-0.7 times as sweet as sucrose. Used in candies and gums. Excess consumption, more than 50-80 grams (1.75 to just under 3 oz.) a day may have a laxative effect. FDA allows the value of 2.6 calories per gram.

### **Xylitol**

Derived from fruits and vegetables, other plants and fibrous vegetation. Same sweetness and bulk as sucrose. FDA allows the value of 2.4 calories per gram.

Source: Calorie Control Commentary. 17(2) Fall 1995.

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