






# Artificial Sweeteners:

## Which ones are safe during pregnancy & breastfeeding?

Artificial sweeteners make food and drinks taste sweet without adding sugar or calories.

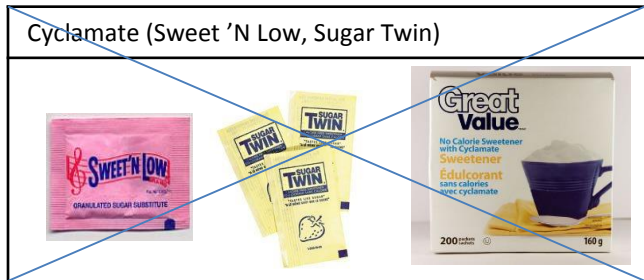


**SAFE Artificial Sweeteners** during pregnancy and breastfeeding, when taken in amounts up to the Acceptable Daily Intake\*:

<p>Aspartame (NutraSweet, Equal)</p> 	<p>Sucralose (Splenda)</p> 	<p>Acesulfame Potassium (Ace-k, Sunnett, Sweet One)</p> 
<p>Steviol glycosides (Stevia, Truvia)</p> 	<p>Saccharin (Hermesetas)</p> 	<p>*The Acceptable Daily Intake for safe sweeteners is based on your weight. Talk to your dietitian to learn more.</p>



**UNSAFE Artificial Sweeteners** during pregnancy and breastfeeding:



### DID YOU KNOW?

- Artificial sweeteners are helpful for people with diabetes because they do not raise blood sugar levels.
- It is important to eat a healthy diet when pregnant or breastfeeding. Foods and drinks with sweeteners should not replace more nutritious foods.