



Nutritional Frontiers

breaking through nutritional boundaries

Customized Food Program

Sweeteners

Here at Nutritional Frontiers we care about the health of our Patients. We have chosen to bring in the BEST natural alternative for sugar just for you!



Imagine an herb that's much sweeter than sugar and is Calorie-Free. Imagine that it does not cause the after-eating spike in blood sugar that aggravates diabetes; that it is actually GOOD for you in helping reduce blood pressure and boosting immune function and that it is healthier than any other sweetener in the World.

Dangers of Synthetic Artificial Sweeteners

Studies show that, on average, the US consumes 135 lbs of sugar per person per year. This should not be taken lightly, and many of the population is setting down the table sugar and, instead, picking up artificial sweeteners that are synthetically made by companies. This means that one person could be eating or drinking nearly a hundred pounds of something per year that could be potentially harmful to their health. The FDA has claimed stevia to be GRAS (Generally Recognized as Safe)

Stevia Vs Truvia & Pure Via

Stevia products such as Truvia and Pure Via are being marketed for consumption. Unfortunately these new additions have chemically altered the herbal extract stevioside in some form or fashion. New products such as Truvia and Pure Via, which claim to be "Nature's Perfect Sweetness", are not the pure stevia extract. They contain erythritol and natural flavors.

Stevia Vs Splenda

Splenda is also known as sucralose and is another artificial sweetener. It is 500-600 times sweeter than sugar. It was first created on accident while British scientists were seeking a pesticide in 1976. There are many people who are in the dark about this product they use almost every day. Splenda is in fact made from sugar, but the only other component is chlorine. Splenda, as well as other chlorinated compounds (DDT), can be stored in body fat and elevate chlorine levels. Splenda side effects are potential organ, genetic, and reproductive damage.

Stevia Vs Aspartame

Aspartame is a chemical compound found in the artificial sweeteners Equal and NutraSweet, and can also be found in sugar free gum, brands of yogurt, and many other products. Unfortunately as it is increasing in popularity, many health complications are coming to light. Aspartame is known as a excitotoxic neurotoxic carcinogen. It may mimic, trigger, or even cause multiple diseases. According to records, it is associated with 92 different health conditions, including Chronic Fatigue Syndrome, Lupus, Hypothyroidism, Alzheimer's, ADD, and Fibromyalgia. While it is approved for use in the United States and many other places in the world, there are concerns about its safety.

Sweeteners

Stevia Vs Saccharin

Saccharin is yet another artificial sweetener, which is 200 to 800 times sweeter than sugar. It is water-soluble, has no calories and no glycemic index. It does not promote tooth decay. Saccharin contains a metallic aftertaste. It is banned in Canada, but is still widely available in the United States.

Stevia Vs Sugar Alcohols

There are a variety of sugar alcohols which exist for sweetening different products, They include erythritol, maltitol, lactitol, sorbitol, mannitol and xylitol. They have between 40 and 90% of the sweetness of sugar. They have no glycemic index, negligible calories and do not promote tooth decay. Most of them also cause a laxative effect, especially if consumption is high. They are all deemed GRAS approved by the FDA. Erythritol is usually considered the best sugar alcohol available.

Stevia Vs Agave

Agave is derived from a plant found mainly in Mexico and contains a sweet, sticky juice that is ninety percent fructose. Until recently blue agave was used only for tequila distilling. Then growers found a way to process agave, and convert it into something called hydrolyzed high fructose inulin syrup. This chemically processed agave is similar to high fructose corn syrup (HFCS), a sugar with serious health implications. In fact, some agave distributors have been caught re-labeling HFCS as agave syrup! It is difficult to tell whether the agave syrup sold on the market is from a toxic variety of agave, which might be used due to the shortage of blue agave, or whether it is the highly processed fructose syrup. For these reasons, it is best to avoid agave syrup until further legal mandates are in place to ensure its source, and its safety.

Stevia Vs Sugar

Sugar on the other hand is seen as a reliable food source, which comes in different forms. It is also all natural. It contains 12 calories per teaspoon and has a Glycemic Index of 100. It will caramelize and then burn at a lower temperature than the melting point of Stevia. Sugar is readily available throughout the world. It causes cavities and is a leading cause of obesity and diabetes.

Know Where it Comes From

Sweeteners, like stevia, are meant to be untampered with. If you don't trust sugar products on market and would rather follow a more safe method, steviosides can be easily extracted from the stevia rebaudiana plant or the green herbal stevia powder into a liquid form or concentrated syrup.

Stevia Health Benefits

More good news for stevia came when a few studies (again, often sponsored by the industry) showed that stevia-derived sweeteners not only taste sweet, but also may help individuals improve insulin production (which in turn would help with diabetes) and even help with hypertension (high blood pressure). Of course, not enough is known about stevia's effects to know whether this is indeed true, but you will see these studies frequently mentioned on stevia websites. Stevia is an all-natural sugar substitute, unlike many other sweeteners on the market which are artificial. It is made from the Stevia plant and is 200-400 times sweeter than sugar. It is pH stable, heat stable and is water-soluble. It contains no calories and no glycemic index.

Why Choose Stevia As Your Source of Sweetness?

- Zero Calories
- Zero Carbs
- Zero Spike in Glucose
- Great Tasting
- Safe for Diabetics
- All Natural Flavors
- No Maltodextrin!
- Inulin, a Fiber with Amazing Health Benefits



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