



Using Sweet'N Low

How should I use Sweet'N Low?

Sweet'N Low is ideal for tabletop use and dissolves easily in hot and cold beverages. Sweet'N Low can be used as an ingredient in most of your favorite recipes and is useful in cooking, baking, freezing and preserving. Unlike other sugar substitutes, such as those that contain aspartame, Sweet'N Low does not lose its sweetness when it is heated.

Can Sweet'N Low be substituted for sugar when cooking and baking?

In recipes for sweetened sauces and beverages, all the sugar can be replaced with an equivalent amount of Sweet'N Low. Recipes for most baked goods require some sugar for proper volume, moisture and texture. For best results, experiment by substituting half the sugar in a recipe with the equivalent amount of Sweet'N Low, as shown in the substitution chart below*:

Substitution Chart	Packets	Bulk	Liquid
1/4 cup granulated sugar	6	2 tsps	1 1/2 tsps
1/3 cup granulated sugar	8	2 1/2 tsps	2 tsps
1/2 cup granulated sugar	12	4 tsps	1 tbsp
1 cup granulated sugar	24	8 tsps	2 tbsps

**Please note that the substitution chart above is provided as a guide only. Use your own personal taste preferences to determine the amount of Sweet'N Low needed to provide the sweetness level you like.*

What is the shelf life of Sweet'N Low?

Sweet'N Low does not lose its sweetness or degrade during storage. It is safe to consume even after many years of storage. For optimum shelf life, store Sweet'N Low under cool and dry conditions, as placement in a hot and humid climate may result in caking or discoloration (although this will not alter the taste or safety of the product).

Visit www.sweetnlow.com for more details.



FREQUENTLY ASKED QUESTIONS

Sweet'N Low® zero-calorie sweetener was introduced in the United States more than fifty years ago. Available in more than 50 countries, Sweet'N Low has helped millions of people around the world manage their weight by sweetening food and beverages without added sugars and unnecessary calories.

About Sweet'N Low

What is saccharin?

Saccharin is the sweetener used in Sweet'N Low. The original zero-calorie sweetener, people have been enjoying saccharin for more than a century. Gram for gram, it is roughly 300 to 500 times sweeter than sugar, which allows a small amount of saccharin to provide a large sweetening effect.



How does Sweet'N Low compare to sugar?

One packet of Sweet'N Low is as sweet as two teaspoons of sugar. But unlike sugar, which has 16 calories and 4 grams carbohydrate per teaspoon, Sweet'N Low has 0 calories and 1 gram carbohydrate per packet.

Dextrose is listed as an ingredient on the Sweet'N Low packet. What is it?

Dextrose is a natural carbohydrate derived from corn. Dextrose is used to dilute the very potent sweetener to make it measurable for consumers. All sugar substitutes in powder form contain a "bulking agent" like dextrose.

Where is Sweet'N Low made?

Sweet'N Low is made by Cumberland Packing Corp., a family owned business based in Brooklyn, New York. The iconic American sweetener has been manufactured in New York since 1957.

Does Sweet'N Low conduct animal testing?

No. Cumberland Packing Corp., the manufacturer and distributor of Sweet'N Low, does not participate in any animals testing.

Health and Safety

Is Sweet'N Low safe?

Yes. The scientific evidence clearly demonstrates the safety of Sweet'N Low. Leading health organizations including the World Health Organization, the American Cancer Society, the American Diabetes Association and the American Dietetic Association all acknowledged saccharin's safety and support its continued availability. After half a century of use and observational data, experts around the globe are confident in assuring consumers of Sweet'N Low's safety.

- Proven safe and FDA approved
- Long history of safe use
- Saccharin is one of the most thoroughly tested food ingredients in the world
- In December 2000, President Clinton signed into law the "Sweetest Act" – federal legislation to remove the saccharin-warning label that had been required on saccharin-sweetened foods and beverages in the U.S. since 1977
- In April 2010, the Environmental Protection Agency announced support for an amendment to remove saccharin from the list of hazardous substances

Is Sweet'N Low safe for pregnant and breast-feeding women?

Yes. Saccharin, the sweetener in Sweet'N Low, has been used by humans for over 100 years. Its long established safety record clearly indicates that it is safe for pregnant and lactating women, the fetus, and breastfed infants. Because women are advised to monitor their diet during pregnancy and while breastfeeding, always check with your health care provider before making any dietary changes.



Is Sweet'N Low recommended for people with diabetes?

Sweet'N Low can help people with diabetes meet their dietary goals by reducing carbohydrate intake without sacrificing taste. Sweet'N Low contains 1 gram of carbohydrate per serving and can be used in conjunction with food exchange programs. Please note that using Sweet'N Low is not a substitute for a medically approved meal plan for people with diabetes and a health care professional should always be consulted before making any dietary changes.

Can Sweet'N Low help me lose weight?

Sweet'N Low is a simple substitution that reduces calories from added sugar in foods and beverages. Sweet'N Low is a great tool to help reduce calories and, when combined with a proper diet and regular physical activity, can result in weight loss. Substituting just 3 teaspoons of sugar a day with Sweet'N Low cuts more than 300 calories per week, which can result in roughly a 4-pound weight loss over a year's time.

Is Sweet'N Low truly "zero-calories?"

Sweet'N Low contains fewer than 4 calories per packet. According to labeling regulations established by the U.S. Food and Drug Administration, products containing fewer than 5 calories per serving must be labeled "zero."

Does using Sweet'N Low cause cavities?

Research has shown that saccharin, the sweetener in Sweet'N Low, does not cause cavities and may even help prevent dental caries. Leading toothpaste brands contain saccharin to provide sweetness and flavor without compromising dental health.

Is Sweet'N Low gluten-free?

Yes. Sweet'N Low contains no gluten and is manufactured in a gluten-free facility. It is safe for consumption for people with Celiac Disease or gluten sensitivities.

Does Sweet'N Low contain sodium?

Sweet'N Low is sodium-free.

