



Sugar Substitute Content

Product	Serving Size	Sweetener	Amount (mg)
Equal®	Packet	Aspartame	33
Equal®	Tablet	Aspartame	19
Equal Spoonful®	5 ml (1 tsp)	Aspartame	15
Sugar Twin®	Packet	Aspartame	35
Sugar Twin®	Packet	Sodium cyclamate	264
Sweet'n Low	Packet	Aspartame	17
Sucaryl®	Packet	Cyclamate	200
Sucaryl®	1 mL	Cyclamate	100
Hermesetas®	1 tablet	Saccharin	12.5
Food Product	Serving Size	Sweetener	Amount (mg)
Diet Coke®	1 can (355 ml)	Acesulfame-K Aspartame	15 131
Diet Crush Cream Soda®	1 can (355 ml)	Sucralose	82
Crystal Light®	250 mL (1 cup)	Acesulfame-K Aspartame	6 56
Ocean Spray Light White cranberry cocktail®	175 ml	Sucralose	15

Sugar Free Gum (Excel®)	1 piece	Acesulfame-K Aspartame	1.3 5.5
Jell-O Light®	125 mL (½ cup)	Acesulfame-K Aspartame	13 40
Smucker's No Sugar added spread®	15 ml (1 Tbsp)	Sucralose	7
Chapman's No sugar Ice Cream Product® (Neapolitan)	75 ml	Sucralose	4

Sugar Alcohol content of food products

Product	Serving Size	Sugar Alcohol	Amount (grams)
Chapman's No sugar Ice Cream Product (Neapolitan®)	75 ml	Maltitol	6
Voortman® No Sugar Added sandwich cookies (chocolate)	2 cookies (20g)	Maltitol Sorbitol	3.5 4.4
Dairy Queen Fudge Bar®	1 bar (73ml)	Sorbitol Polydextrose	2.4 5.5
Chapman's No Sugar Li'l Lolly's®	1 Lolly (50 ml)	Maltitol Sorbitol	4.0 0.2
Baskin Robbins Sugar Free Hard Candies	17g (4 candies)	Sorbitol	15

Please note:

The examples provided below are to be used as a quick reference tool. This list is not exhaustive of all available products containing sugar substitutes or sugar alcohols.

The values given are based on information available and data collected as of December 2004.