

## Using Sweeteners on the Ketogenic Diet

Refined sugar should not be used as part of a ketogenic diet. Some sweeteners can be used as an alternative option to sugar as part of a ketogenic diet, as they do not affect blood glucose or ketone levels. Other sweeteners should not be routinely used as part of a ketogenic diet.

Please see a list of sweeteners below:



### ● Go ahead! ●

Acesulfame potassium (acesulfame K, or ace K)  
Allulose  
Aspartame  
Cyclamate (sodium cyclamate)  
D-tagatose  
Erythritol  
Monk fruit sweetener (*luo han guo*)  
Polydextrose  
Saccharin  
Stevia  
Steviol glycosides  
Sucralose

**These sweeteners  
CAN be used as part  
of a ketogenic diet**



### ● Proceed with caution! ●

Glycerol (glycerin or glycerine)  
Isomalt  
Lactitol  
Mannitol  
Xylitol

**Discuss with your  
dietitian whether these  
sweeteners are suitable  
for you or your child**



### ● Stop! ●

Corn sugar (corn sweetener, corn syrup solids, high fructose corn syrup)  
Dextrose  
Fructose  
Glucose  
Honey  
Hydrogenated glucose syrup  
Hydrogenated starch hydrolysates (HSH)  
Invert syrup  
Lactose  
Maltodextrin  
Maltitol  
Maltitol syrup  
Maltose (maltobiose or malt sugar)  
Molasses  
Polyglycitol syrup  
Sorbitol  
Sucrose  
Xylose

**These sweeteners are  
best avoided as part of  
a ketogenic diet**

We recommend that you avoid overuse of any sweetener, as they can sometimes cause stomach upset and may encourage a taste for sweet food and drink. Start with no more than 1 teaspoon (5g) a day. Please be cautious when introducing products that contain sweeteners and monitor ketones.

**Remember:** 'sugar-free' does not necessarily mean 'carbohydrate-free'. Always read the label carefully or check with your dietitian!

A selection of sweeteners and products containing sweeteners, which are suitable to use as part of a ketogenic diet, are listed below:

Product name and ingredients	Product picture
<p><b>Truvia Pouch and Truvia Spoonable</b> Contains: <i>stevia glycosides, erythritol and natural flavourings</i></p>	
<p><b>Hermesetas Liquid</b> Contains: <i>demineralised water, sodium cyclamate, sodium saccharin and sorbic acid</i></p> <p><b>Hermesetas Mini Sweeteners</b> Contains: <i>sodium saccharin, sucralose and L-Leucine</i></p>	
<p><b>Whole Earth Sweetener Co. Stevia Leaf and Monk Fruit Sweetener</b> Contains: <i>erythritol, stevia leaf extract, monk fruit extract and natural flavourings</i></p> <p><b>Whole Earth Sweetener Co. Sweet Mini Cubes with Stevia</b> Contains: <i>erythritol, steviol glycosides and natural flavourings</i></p>	
<p><b>Sweetex tablets</b> Contains: <i>sodium saccharin, silicon dioxide and magnesium stearate</i></p>	
<p><b>PureVia 100% Erythritol</b> Contains: <i>erythritol</i></p> <p><b>PureVia Stevia Leaf</b> Contains: <i>erythritol, steviol glycosides, natural flavourings</i></p>	

Product name and ingredients	Product picture
<p><b>Stevia Sweet crystal</b> <i>Contains: erythritol, steviol glycosides and natural flavourings</i></p> <p><b>Canderel sugary granulated sweetener</b> <i>Contains: erythritol, aspartame and acesulfame-K</i></p> <p><b>Natvia granulated sweetener</b> <i>Contains: erythritol and steviol glycosides</i></p>	
<p><b>Total Sweet xylitol</b> <i>Contains: xylitol</i></p>	
<p><b>Modern Nature Liquid Stevia drops</b> <i>Contains: water, steviol glycosides, natural flavour, potassium sorbate</i></p>	
<p><b>Natvia Icing Mix</b> <i>Contains: erythritol, organic steviol glycosides</i></p>	
<p><b>Hoosier Hill Farm granulated erythritol sweetener</b> <i>Contains: erythritol</i></p>	

Product name and ingredients	Product picture
<p><b>Sukrin:1</b> <i>Contains: erythritol, steviol glycosides</i></p> <p><b>Sukrin Gold</b> <i>Contains: erythritol, steviol glycosides (stevia), glycerin, malt extract and D-tagatose</i></p>	
<p><b>DaVinci Sugar Free Syrups</b> <i>Caramel and vanilla flavour syrups contain; water, natural and artificial flavour, cellulose gum, sucralose, sodium benzoate, citric acid, caramel colour</i></p>	
<p><b>Walden Farms Near Zero Syrups</b> <i>Chocolate flavour syrup contains; triple filtered purified water, defatted cocoa powder (6%), vegetable fibre, caramel colour, cellulose gel, chocolate flavour, salt, sodium acid sulphate, xanthan gum, natural flavours, coffee flavour, sucralose, potassium sorbate, sodium benzoate</i></p>	
<p><b>Yummy &amp; Fit Zero syrups</b> <i>Strawberry flavour syrup contains: Water, cellulose gum, xanthan gum, anthocyanins, flavours, citric acid, sucralose, steviol glycosides, potassium sorbate, sodium benzoate</i></p>	
<p><b>The Protein Works Zero Syrups</b> <i>Blueberry flavour syrup contains: water, carboxyl methyl cellulose, xanthan gum, flavouring, salt, lactic acid, colour (E150(C)), sucralose, potassium sorbate, sodium benzoate</i></p>	

**Caution!** Some products may contain a mix of sugar and sweetener. Product ingredients may change or differ between flavours. Always read the label!

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