



THE PLAIN DEALER

Getting the skinny on sucralose

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You say sucralose is 600 times sweeter than sugar. How can that be, since it measures like sugar?

Sucralose is made from a modified sugar that is, indeed, 600 times sweeter. However, the manufacturer of Splenda adds maltodextrin to bulk it up so that it measures like sugar.

You will find that the weight is dramatically different. Just 3.8 ounces of Splenda is equivalent to 2 pounds of sugar, both measure for measure and in sweetening power. A cup of Splenda "No Calorie" sweetener contains 96 calories and 24 grams of carbohydrate versus 768 calories and 192 grams of carbohydrate in a cup of regular sugar.

Both sucralose and aspartame are now available in "sugar blends," which combine the added sweetening power of the noncaloric sweeteners with the performance of sugar.

- Cinda Williams Chima

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