YOUR GUIDE TO

Baking and Cooking with Sugar Substitutes

WITH 8 DELICIOUS RECIPES
**Baking and Cooking with Sugar Substitutes**

**BY AMY CAMPBELL, MS, RD, LDN, CDE**

**C**hances are, you’ve tried one or more sugar substitutes in an effort to cut calories or control your carbohydrate intake. Maybe you use a sweetener such as sucralose (brand name Splenda) in your morning coffee, or you might reach for a can of diet soda that contains aspartame to help quench your thirst. But you might be wondering about using sugar substitutes when you cook or bake. Can you use them, and, if so, what works best?

### Sugar Substitutes 101

Sugar substitutes, which are also called artificial sweeteners, nonnutritive sweeteners or noncaloric sweeteners, are sweeteners with very few calories that are available for use in cooking or baking, so choose wisely. Here are the sugar substitutes that are best suited for cooking and/or baking.

#### Sucralose:

This sweetener is 600 times sweeter than sugar. One teaspoon contains one calorie and 0 grams of carb, and one cup contains 48 calories and 12 grams of carb. This sweetener is heat stable and therefore great for baking, cooking and canning. It’s also available in a brown sugar version. Splenda’s website provides helpful hints for baking and cooking with Splenda.

For example, when baking cookies, it advises substituting only the white sugar in the recipe with Splenda, not the brown sugar. Doing so will retain a cookie’s characteristic chewy or crunchy texture. To ensure cakes and quick breads rise to their full height, Splenda advises using small pans and adding nonfat dry milk powder and baking soda for every one cup of granulated Splenda used. For more helpful hints, visit [www.splenda.com](http://www.splenda.com).

#### Saccharin:

Years ago, saccharin was pretty much the only sugar in baked goods recipes to maintain proper volume and canning. While you can substitute saccharin for all the sugar in a recipe, the website advises keeping some of the sugar in the recipe with Splenda, not the brown sugar. Doing so will retain a cookie’s characteristic chewy or crunchy texture. To ensure cakes and quick breads rise to their full height, Splenda advises using small pans and adding nonfat dry milk powder and baking soda for every one cup of granulated Splenda used. For more helpful hints, visit [www.splenda.com](http://www.splenda.com).

#### Aspartame (brand name Nutrasweet):

Acesulfame-K (brand names Sunett and Sweet One)

#### Neotame (brand name Newtame):

March 2010 news. Splenda advises using small pans and adding nonfat dry milk powder and baking soda for every one cup of granulated Splenda used. For more helpful hints, visit [www.splenda.com](http://www.splenda.com).

#### Steviol glycosides, or rebiana (brand names PureVia, Truvia, SweetLeaf, Zing):

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#### Advantame:

Fruit in the Raw, Fruit Sweetness)

#### Malto-dextrin (brand name Fruit Sweetness):

#### Neotame (brand name Newtame):

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The skinny on sugar substitutes

» Saccharin is the oldest artificial sweetener on the market. Researchers at Johns Hopkins University discovered saccharin in 1879. Saccharin was widely used during the two world wars when there was a sugar shortage; after World War II, it’s popularity grew when Americans focused more on weight. Saccharin is a white crystalline powder, five times sweeter than sugar. It’s not metabolized by the body, so it’s excreted in the same form it is ingested. Saccharin is probably one of the most studied ingredients in our food supply, and also one of the most controversial. In 1977, the FDA proposed a ban against saccharin use but Congress intervened and instead required a warning label be added to products containing saccharin; this warning was revoked in 2000. Today, health agencies believe saccharin is safe for use in the general population, and it is used in more than 100 countries. The FDA’s Acceptable Daily Intake (ADI) for saccharin is 5 milligrams per kilogram body weight. That means a 150-pound adult could safely consume 340 milligrams of saccharin every day over his or her lifetime without any adverse effects, or about nine packets daily.

» Monk fruit extract, also known as luo han guo, is native to the forests of southern China. The fruit itself looks like a melon but actually is round. Monk fruit grows on vines and is about the size of a lemon. Food manufacturers have been able to extract compounds of this fruit, called mogrosides, which are anti-oxidants that are about 300 times sweeter than sugar. The consistency of this sweetener is very much like granulated sugar. Because it’s only grown in the southern regions of China, it is quite expensive to cultivate. The extraction of the mogrosides is very involved and takes a long time, adding to the expense. And Chinese law prevents monk fruit and its genetic material from leaving the country, meaning it cannot be grown elsewhere. Available brand names of monk fruit extract include Monk Fruit in the Raw, Lakanto Monk Fruit Sweetener, Health Garden Monk Fruit Sweetener and Skinny Monk Fruit Extract. One 0.8 gram packet of Monk Fruit in the Raw contains less than 1 gram of carbohydrate and 0 calories. Mogrosides have antioxidant properties, appear to have anti-cancer properties and may have the ability to prevent diabetes complications. While there are no known reported adverse effects, it has not undergone extensive testing. The Center for Science in the Public Interest (CSPI) recommends using this sweetener with caution because there are no long-term studies to support its safety. No ADI has been set yet.

» Stevia. The stevia plant belongs to the Asteraceae family and is a cousin to the daisies and ragweed. The species of stevia used to sweeten food is called Stevia rebaudiana, which is native to South America, but it’s also grown in Asia. Stevia gets its sweetness from two chemical compounds: steviol and rebaudioside A. While stevia has been sold for years in health-food stores, the FDA rejected the use of stevia in foods in the 1990s; stevia could be sold only as a dietary supplement. The stevia now on grocery shelves contains the rebaudioside A leaf extract (also known as reba or rebiana). Two companies, Cargill and Merisant, developed this stevia extract and in 2008 petitioned the FDA to give it GRAS (generally recognized as safe) status, to which the FDA agreed. Whole-leaf stevia has not been granted GRAS status or approved by the FDA as a sweetener. Rebiana is about 200-400 times sweeter than regular sugar. Currently, it is used in tabletop sweeteners, beverages and many food products. One packet of a stevia-based sweetener contains about 0-1 calorie and roughly 1-4 grams of carb, depending on the brand. Some brands contain erythritol, a sugar alcohol, or dextrose, a type of sugar. These are added to provide bulk and texture. Stevia leaf extract has been studied, and no significant adverse effects have been reported. There have been some reports of bloating, nausea and diarrhea, and it may leave an aftertaste or taste bitter. The ADI is 4 milligrams per kilogram of body weight per day, which means that a 150-pound person can safely consume 816 milligrams of stevia leaf extract, or roughly 40 packets of tabletop stevia sweetener per day.

Sugar substitutes can be useful in helping you and your family cut down on sugar while enjoying sweet treats.

Sugar Substitute Blends
While sugar substitutes can help reduce calorie and carb intake, they don’t possess all the properties of sugar, which means they either may not be suitable for baking at all, or the final product may not have the same texture, volume or appearance as a baked good made with sugar. For this reason, many of the sugar substitute manufacturers also produce “sugar blends,” which combine a particular sugar substitute with another ingredient to bake with a sugar blend, be sure to read the instructions. When replacing sugar with a sugar blend, you’ll generally use half as much—for example, ½ cup of sugar blend instead of 1 cup of sugar. Available sugar blends include:
- Splenda Sugar Blend and Splenda Brown Sugar Blend;
- PureVia Turbinado Raw Cane Sugar and Stevia Blend;
- Truvia Baking Blend and Truvia Brown Sugar Blend;
- SweetLeaf SugarLeaf; and
- Zanafi Sugar Blend.

Remember, too, that sugar blends do contain calories and carbohydrate, so be sure to account for these in your eating plan.

Amy Campbell, MS, RD, CDN, CDE, is director of clinical education content development and training at Good Measures. She has developed and conducted training sessions for various disease and case management programs and is a frequent presenter at disease management events. She is the author of Staying Healthy with Diabetes: Nutrition and Meal Planning, and has co-authored several books, including The Joslin Guide to Diabetes and Eat Carbs, Lose Weight with fitness expert Denise Austin. Read her weekly blog at www.diabetesselfmanagement.com/blogs/Amy_Campbell.
A Word About Sugar
In 1994, the American Diabetes Association lifted its absolute ban on sugar from its recommended dietary guidelines. Under these guidelines, you can exchange 1 tablespoon sugar for a slice of bread, for example, because each is considered a starch exchange. The guidelines for sugar are based on scientific studies that show carbohydrate in the form of sugars does not raise blood sugar levels more rapidly than other types of carbohydrate-containing foods. What is important is the total amount of carbohydrate eaten, not the source. However, sweets and other foods high in sugar may also be high in fat and low in nutrients. So the better choice between an apple and a doughnut is still an easy one to make. Sugar can be eaten in modest amounts as part of a balanced diet, whether or not the person has diabetes. When figured into your meal plan, a small amount of sugar enhances a food’s flavor and texture without being harmful.

If you have any questions or concerns about the use of sugar, consult your certified diabetes educator, registered dietitian, or physician for more information.

Nutritional Analysis
The nutritional analysis that appears with each recipe was calculated by an independent nutrition consulting firm. Every effort has been made by the editors to check the accuracy of these numbers. However, because numerous variables account for a wide range of values for certain foods, nutritional analyses should be considered approximate.

The analysis of each recipe includes all ingredients listed for a recipe except ingredients labeled as “optional” or “for garnish.” When a range is offered, the first amount listed is used in the calculation. If an ingredient is listed with an option, the first item is used in the calculation. Foods shown on the same plate in a photograph and foods listed as “serve with” suggestions at the end of a recipe are not included in the recipe analysis unless they’re listed in the ingredient list. In recipes calling for rice or noodles, the analyses are based on rice or noodles prepared without added fat or salt, unless otherwise stated.

Understanding Our Symbols
Like everyone, you’re busy—and we kept that in mind when we selected recipes for this issue. Many of the recipes in Diabetic Cooking can be prepared in 30 minutes or less. Others require short preparation times followed by long cooking times.

We’ve also included symbols to help you more easily find those recipes especially low in fat, sodium, and carbohydrates, and high in fiber.

The recipes in this publication were specially selected for people with diabetes. All are based on the principles of sound nutrition as outlined in the dietary guidelines developed by the U.S. Dept. of Agriculture and the U.S. Dept. of Health and Human Services, making them perfect for the entire family.

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### Chunky Joes
**MAKES 6 SERVINGS**

**Nutrients per Serving:**
- Calories 251, Total Fat 9g, Saturated Fat 1g, Protein 19g, Carbohydrates 32g, Cholesterol 39mg, Dietary Fiber 4g, Sodium 50mg

**Dietary Exchange:** 2 Bread/Starch, 1 Vegetable, 2 Meat

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 pound 95% lean ground beef</td>
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</tr>
<tr>
<td>1½ cups finely chopped green</td>
<td></td>
</tr>
<tr>
<td>bell pepper</td>
<td></td>
</tr>
<tr>
<td>1 (14%-ounce) can stewed</td>
<td></td>
</tr>
<tr>
<td>tomatoes</td>
<td></td>
</tr>
<tr>
<td>¼ cup water</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons tomato paste</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chili powder</td>
<td></td>
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<tr>
<td>1 tablespoon Worcestershire</td>
<td></td>
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<tr>
<td>sauce</td>
<td></td>
</tr>
<tr>
<td>1 packet sugar substitute</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground cumin,</td>
<td></td>
</tr>
<tr>
<td>divided</td>
<td></td>
</tr>
<tr>
<td>6 hamburger buns, warmed</td>
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</tbody>
</table>

**Take Note!** This recipe was tested with sucralose-based sugar substitute.

### Sweet & Spicy Whole Grain Snack Mix
**MAKES 10 SERVINGS**

**Serving Size:** ½ cup snack mix

**Nutrients per Serving:**
- Calories 127, Total Fat 3g, Saturated Fat 1g, Protein 4g, Carbohydrates 24g, Cholesterol 0mg, Dietary Fiber 3g, Sodium 216mg

**Dietary Exchange:** 1½ Bread/Starch, ¼ Fat

<table>
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<tr>
<td>1 egg white</td>
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</tr>
<tr>
<td>¼ cup sugar substitute</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon soy sauce</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon ground red pepper</td>
<td></td>
</tr>
<tr>
<td>2 cups spoon-size shredded</td>
<td></td>
</tr>
<tr>
<td>wheat cereal</td>
<td></td>
</tr>
<tr>
<td>2 cups wheat cereal squares</td>
<td></td>
</tr>
<tr>
<td>2 cups unsalted mini-pretzel</td>
<td></td>
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<tr>
<td>twists</td>
<td></td>
</tr>
<tr>
<td>¼ cup dry-roasted unsalted</td>
<td></td>
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<tr>
<td>peanuts</td>
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</tbody>
</table>

**Take Note!** This recipe was tested with sucralose-based sugar substitute.

1. Preheat oven to 300°F. Coat large nonstick baking pan with nonstick cooking spray; set aside.
2. Place egg white in large bowl and whisk until foamy. Whisk in sugar substitute, soy sauce and red pepper.
3. Combine cereals, pretzels and peanuts in medium bowl. Add to egg white mixture; toss to coat. Spread in even layer on prepared pan; bake 30 minutes, stirring every 10 minutes, until crispy. Cool completely on pan on wire rack. Store in airtight container for up to 1 week.

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Fish Taco Salad

MAKES 2 SERVINGS
Nutrients per Serving:
Calories 286, Total Fat 9g, Saturated Fat 1g, Protein 25g, Carbohydrates 28g, Cholesterol 52mg, Dietary Fiber 4g, Sodium 305mg

Dietary Exchange: 2 Bread/Starch, 3 Meat

2 cups shredded romaine lettuce
1 medium cucumber, seeded and chopped
½ cup cherry or grape tomatoes, halved
½ cup chopped celery
¼ cup (about 6 ounces) flaked cooked cod or other firm white fish
Juice of ½ lime
1 tablespoon olive oil
¼ teaspoon black pepper

1. Layer romaine, cucumber, tomatoes, celery and fish in large bowl.
2. Whisk together lime juice, oil and pepper in small bowl. Pour dressing over salad; toss lightly. Divide salad evenly between two serving plates.
3. Whisk together sour cream, salsa and sugar substitute in small bowl. Pour evenly down center of each salad. Crumble tortilla chips; sprinkle down each side of sour cream mixture.

Take Note!
These salads are best eaten the same day.

Candied Sweet Potatoes

MAKES 6 SERVINGS
Nutrients per Serving:
Calories 183, Total Fat 10g, Saturated Fat 1g, Protein 2g, Carbohydrates 21g, Cholesterol 35mg, Dietary Fiber 3g, Sodium 129mg

Dietary Exchange: 1½ Bread/Starch, 1½ Fat

3 medium sweet potatoes (1½ to 2 pounds), peeled and sliced into rounds
10 packets sugar substitute
1/4 cup water
1/4 cup (½ stick) margarine
1 tablespoon vanilla
1 teaspoon nutmeg

Place potatoes in large saucepan. Sprinkle with sugar substitute. Add water, margarine, vanilla and nutmeg. Bring to a boil. Reduce heat; cook, covered, 20 to 25 minutes or until potatoes are tender and cooking liquid becomes syrupy.

Take Note!
Make sure to watch the pot so the potatoes don’t burn.

Carrot and Oat Muffins

MAKES 12 MUFFINS
Nutrients per Serving:
Calories 130, Total Fat 3g, Saturated Fat 1g, Protein 3g, Carbohydrates 23g, Cholesterol 35mg, Dietary Fiber 2g, Sodium 182mg

Dietary Exchange: 1½ Bread/Starch, ½ Fat

½ cup fat-free (skim) milk
½ cup unsweetened applesauce
2 eggs, beaten
1 tablespoon canola oil
½ cup shredded carrot (1 medium to large carrot)
¾ cup plus 2 tablespoons old-fashioned oats
¾ cup whole wheat flour
¾ cup all-purpose flour
½ cup sugar or ¼ cup sugar plus 1 tablespoon sugar substitute
1½ teaspoons baking powder
1 teaspoon ground cinnamon
1 teaspoon baking soda
¼ teaspoon salt
¼ cup finely chopped walnuts (optional)

1. Preheat oven to 350°F. Spray 12 standard (2½-inch) muffin cups with nonstick cooking spray.
2. Whisk milk, applesauce, eggs and oil in large bowl until blended. Stir in carrot. Combine oats, whole wheat flour, all-purpose flour, sugar, baking powder, cinnamon, baking soda and salt in medium bowl; mix well. Add flour mixture to applesauce mixture; stir just until batter is moistened. Do not overmix.
3. Spoon batter into prepared muffin cups, filling two-thirds to three-fourths full. Sprinkle 1 teaspoon walnuts over each muffin, if desired.
4. Bake 20 to 22 minutes or until muffins are golden brown. Cool muffins in pan 5 minutes; remove to wire rack to cool completely.

Take Note!
These muffins are best eaten the same day.
**Pear Strata**

**Makes 4 Servings (1 Cup Strata and ¼ Cup Pears per Serving)**

**Nutrients per Serving:**
- Calories 200, Total Fat 5g, Saturated Fat ½g, Protein 1g, Carbohydrates 34g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 228mg

**Dietary Exchange:** 1 Bread/Starch, 1 Fruit, 1 Meat

1. Preheat oven to 325°F. Spray large nonstick skillet with nonstick cooking spray; heat over medium heat.
2. Spread each bread slice with ½ teaspoon fruit spread. Place 2 bread slices into 1½-quart round baking dish, fruit spread side up. Cut bread in halves or quarters if necessary to fit. Spoon half of pears over bread. Top with remaining bread slices, fruit spread side up.
3. Combine milk, eggs, remaining ¼ teaspoon cinnamon and remaining ½ teaspoons sugar substitute in small bowl. Beat egg whites in medium bowl with electric mixer at high speed until stiff peaks form. Fold egg whites into egg mixture and pour over bread. Press down to submerge bread.
4. Place dish in middle of oven. Place baking sheet on rack below to catch any drips. Bake 40 to 50 minutes or until mixture is very thick, stirring occasionally.

**Take Note!**
- Pears are a good source of vitamin C, vitamin K and dietary fiber. Continue through the winter.

**Cranberry-Apple Chutney**

**Makes 20 Servings (2 Tablespoons per Serving)**

**Nutrients per Serving:**
- Calories 41, Total Fat 1g, Saturated Fat 1g, Protein 1g, Carbohydrates 12g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 3mg

**Dietary Exchange:** 1 Fruit

1. Place granola in small resealable food storage bag; seal tightly. Crush to coarse crumb texture; set aside.
2. Combine apples, cornstarch mixture, and cinnamon in 10-inch skillet; stir until blended. Bring to a boil over medium-high heat. Boil 1 minute or until thickened, stirring constantly.
3. Remove skillet from heat. Gently fold in raspberries, sugar substitute, vanilla, and almond extract. Sprinkle granola crumbs evenly over top. Let stand, uncovered, 30 minutes.

1. Combine onion, sugar substitute, juice, brown sugar, cinnamon, ginger and cloves in medium heavy saucepan. Bring to a boil over high heat. Reduce heat and simmer, uncovered, 5 minutes.
2. Add cranberries and apple; simmer, uncovered, 20 minutes or until mixture is very thick, stirring occasionally.
3. Cool to room temperature. Transfer to serving dish or refrigerate until ready to serve.
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