



## Benefits of Artificial Sweeteners over Natural Sweeteners

Harry Anderson\*

*Scholars Research Library, Heathrow Stockley, UK*

**\*Corresponding Author:** Harry Anderson, Scholars Research Library, Heathrow Stockley, UK;  
E-mail: [plantresour@escienceopen.com](mailto:plantresour@escienceopen.com)



**Figure 1.** Above figure clearly depicts comparison between Natural and Artificial Sweetener. Natural Sweeteners are sugar molecules obtained naturally from vegetables. Examples: honey, molasses, maple syrup, coconut sugar, agave nectar, dates, stevia. These causes health hazards: Type 2 diabetes, Weight gain, Raises blood sugar levels, Tooth decay. Artificial sweeteners are the sugar substitutes used to add sweetness to food. Examples are: aspartame, sucralose, acesulfame potassium, neotame, saccharin, xylitol. Artificial Sweeteners is getting in demand as these are very effective in diabetic patients by providing sweetness with no calories. Benefits includes: Reduces hunger, risk of tooth decay and sugar intake in the body thus helps in losing weight. Side effects includes: Raises risk of Cancer and Damages Gut health by disrupting balance of gut microbes. These sweeteners tastes sweet exactly like normal sweeteners and thus they get identified by tongue sweetness receptors and thus they succeed in providing sweet taste without any calories. Zero calories are present within these sweetener thus body doesn't break them down into simpler forms. Artificial sweeteners are used in baking, soft drinks, candies, canned food, jams, jellies, puddings, dairy products etc.