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

### Proceed with caution!

Glycerol (glycerin or glycerine)
Isomalt
Lactitol
Mannitol
Xylitol

### 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 (treacle, golden syrup)
Lactose*
Maltodextrin
Maltitol
Maltitol syrup
Maltose (maltobiose or malt sugar)
Molasses
Polyglycitol syrup
Sorbitol
Sucrose
Xylose

These sweeteners CAN be used as part of a ketogenic diet

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

These sweeteners are best avoided as part of a ketogenic diet

* Lactose is the carbohydrate in dairy products so can be taken when directed by a dietitian and counted as part of a diet plan. Very small amounts are often in tablet medications. Other sources are best avoided.
Whilst sweeteners are a useful alternative to refined sugar, we would continue to encourage a general reduction of sweet treats in line with national guidance.

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:

<table>
<thead>
<tr>
<th>Product name and ingredients</th>
<th>Product picture</th>
</tr>
</thead>
</table>
| **Truvia Pouch and Truvia Spoonable**  
Contains: stevia glycosides, erythritol and natural flavourings | ![Truvia](truvia.png) |
| **Hermesetas Liquid**  
Contains: demineralised water, sodium cyclamate, sodium saccharin and sorbic acid | ![Hermesetas Liquid](hermesetas_liquid.png) |
| **Hermesetas Mini Sweeteners**  
Contains: sodium saccharin, sucralose and L-Leucine | ![Hermesetas Mini Sweeteners](hermesetas_mini_sweeteners.png) |
| **Whole Earth Sweetener Co. Stevia Leaf and Monk Fruit Sweetener**  
Contains: erythritol, stevia leaf extract, monk fruit extract and natural flavourings | ![Whole Earth Sweetener Co. Stevia Leaf and Monk Fruit Sweetener](whole_earth_sweetener.png) |
| **Whole Earth Sweetener Co. Sweet Mini Cubes with Stevia**  
Contains: erythritol, steviol glycosides and natural flavourings | ![Whole Earth Sweetener Co. Sweet Mini Cubes with Stevia](whole_earth_sweetener_cubes.png) |
| **Sweetex tablets**  
Contains: sodium saccharin, silicon dioxide and magnesium stearate | ![Sweetex tablets](sweetex_tablets.png) |
| **PureVia 100% Erythritol**  
Contains: erythritol | ![PureVia 100% Erythritol](purevia_100_erythritol.png) |
| **PureVia Stevia Leaf**  
Contains: erythritol, steviol glycosides, natural flavourings | ![PureVia Stevia Leaf](purevia_stevia_leaf.png) |
<table>
<thead>
<tr>
<th>Product name and ingredients</th>
<th>Product picture</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stevia Sweet crystal</strong></td>
<td></td>
</tr>
<tr>
<td>Contains: erythritol, steviol glycosides and natural flavourings</td>
<td></td>
</tr>
<tr>
<td><strong>Canderel sugarly granulated sweetener</strong></td>
<td></td>
</tr>
<tr>
<td>Contains: erythritol, aspartame and acesulfame-K</td>
<td></td>
</tr>
<tr>
<td><strong>Natvia granulated sweetener</strong></td>
<td></td>
</tr>
<tr>
<td>Contains: erythritol and steviol glycosides</td>
<td></td>
</tr>
<tr>
<td><strong>Total Sweet xylitol</strong></td>
<td></td>
</tr>
<tr>
<td>Contains: xylitol</td>
<td></td>
</tr>
<tr>
<td><strong>Modern Nature Liquid Stevia drops</strong></td>
<td></td>
</tr>
<tr>
<td>Contains: water, steviol glycosides, natural flavour, potassium sorbate</td>
<td></td>
</tr>
<tr>
<td><strong>Natvia Icing Mix</strong></td>
<td></td>
</tr>
<tr>
<td>Contains: erythritol, organic steviol glycosides</td>
<td></td>
</tr>
<tr>
<td><strong>Hoosier Hill Farm granulated erythritol sweetener</strong></td>
<td></td>
</tr>
<tr>
<td>Contains: erythritol</td>
<td></td>
</tr>
<tr>
<td>Product name and ingredients</td>
<td>Product picture</td>
</tr>
<tr>
<td>-----------------------------</td>
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</tr>
</tbody>
</table>
| **Sukrin:1**  
Contains: erythritol, steviol glycosides |  |
| **Sukrin Gold**  
Contains: erythritol, steviol glycosides (stevia), glycerin, malt extract and D-tagatose | ![Sukrin Gold](image1.png) |
| **DaVinci Sugar Free Syrups**  
*Caramel and vanilla flavour syrups* contain: water, natural and artificial flavour, cellulose gum, sucralose, sodium benzoate, citric acid, caramel colour | ![DaVinci Sugar Free Syrups](image2.png) |
| **Walden Farms Near Zero Syrups**  
*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 | ![Walden Farms Near Zero Syrups](image3.png) |
| **Yummy & Fit Zero syrups**  
Strawberry flavour syrup contains: Water, cellulose gum, xanthan gum, anthocyanins, flavours, citric acid, sucralose, steviol glycosides, potassium sorbate, sodium benzoate | ![Yummy & Fit Zero syrups](image4.png) |
| **The Protein Works Zero Syrups**  
Blueberry flavour syrup contains: water, carboxyl methyl cellulose, xanthan gum, flavouring, salt, lactic acid, colour (E150(C)), sucralose, potassium sorbate, sodium benzoate | ![The Protein Works Zero Syrups](image5.png) |
| **Skinny Syrups**  
Chocolate syrup contains: Water, Thickeners (Sodium carboxy methyl cellulose, Xanthan gum), Flavouring, Cocoa Powder, Colour (Caramel E150d), Salt, Acid (Lactic Acid), Sweetener (Sucrose), Preservatives (Potassium sorbate, Sodium benzoate) | ![Skinny Syrups](image6.png) |
<table>
<thead>
<tr>
<th>Product</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applied Nutrition Flavo Drops</td>
<td>Banana flavour contains: Natural Flavouring, Deionised Water, Sweetener (Sucralose), Natural Colouring (Curcumin Extract E100)</td>
</tr>
<tr>
<td>Stur water enhancer</td>
<td>Black cherry contains: Purified water, natural fruit flavour, fiber, citric acid, fruit/vegetable juice (colour), natural stevia extract.</td>
</tr>
<tr>
<td>My Protein Flavdrops</td>
<td>Toffee contains: Water, Sweetener (Sucralose) Natural Flavouring.</td>
</tr>
</tbody>
</table>

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

Thank you to Bristol Royal Children’s Hospital, Cambridge University Hospitals, Royal Manchester Children’s Hospital, UCL Great Ormond Street Institute of Child Health, and Derek Clarke from Nutricia Limited, for their contribution to this resource in collaboration with the Resource Group of the Ketogenic Dietitians Research Network.

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