



Using Sweeteners on the Ketogenic Diet

Refined sugars are not routinely included as part of a ketogenic diet. Some sweeteners can be used as alternatives to sugar, as they generally have less impact on blood glucose or ketone levels – please see the ‘traffic light’ guide below.

We encourage limiting sweet foods and drinks in line with national guidance, and recommend monitoring ketones when first introducing any products containing sweeteners. Try to avoid overuse of any sweeteners, as they may cause stomach upset and encourage a preference for sweet tastes. Begin with no more than 1 teaspoon (5g) a day.

A Note of Caution: Some studies have shown potential negative effects of certain sweeteners in animals. For example, aspartame and erythritol have been linked to impact cardiovascular effects when used in large doses. These results are not necessarily applicable to humans, and current evidence does not suggest these sweeteners need to be avoided. Further research is ongoing.

Go Ahead	Proceed with caution!	Stop!
These sweeteners do not tend to affect ketone levels	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 as they can impact ketones
Acesulfame potassium (<i>acesulfame K, or ace K</i>) Allulose Aspartame* Cyclamate (<i>sodium cyclamate</i>) D-tagatose Erythritol* Monk fruit sweetener (<i>luo han guo</i>) Polydextrose Saccharin Stevia Steviol glycosides	Glycerol (<i>glycerin or glycerine</i>) Isomalt Lactitol Mannitol Xylitol Sucralose	Corn sugar (<i>corn syrup solids, high fructose corn syrup</i>) Dextrose Fructose Glucose Honey Hydrogenated glucose syrup Hydrogenated starch hydrolysates (HSH) Invert syrup (<i>treacle, golden syrup</i>) Lactose** Maltodextrin Maltitol Maltitol syrup Maltose (<i>maltobiose or malt sugar</i>) Molasses Polyglycitol syrup Sorbitol Sucrose Xylose

* Individuals may wish to exercise caution with intake due to recent animal studies

** Lactose is the natural carbohydrate in dairy products. It may be included when advised by your dietitian and accounted for within your diet plan. Very small amounts in tablet medications are acceptable, but other sources are best avoided.



If unsure, speak to your ketogenic dietitian before introducing new sweeteners or products.

The following products are examples of those that may be suitable on a ketogenic diet. Always check labels, as ingredients may change. This is not an exhaustive list and you may find others online or in-store.

Remember! 'Sugar-free' does not necessarily mean 'carbohydrate-free'. Product ingredients may also change over time. **Always read the label carefully** or check with your dietitian!

Caution! Other products from these brands may contain sugar or maltodextrin and would not be suitable for a ketogenic diet.

Powders, Crystal and Tablet Sweeteners




Product name and ingredients	Product picture
Truvia Pouch and Truvia Spoonable <i>Contains: stevia glycosides, erythritol and natural flavourings</i>	
Hermesetas Liquid <i>Contains: demineralised water, sodium cyclamate, sodium saccharin and sorbic acid</i> Hermesetas Mini Sweeteners <i>Contains: sodium saccharin, sucralose and L-Leucine</i>	
Sweetex tablets <i>Contains: sodium saccharin</i>	
PureVia 100% Erythritol <i>Contains: erythritol</i> PureVia Stevia Leaf <i>Contains: erythritol, steviol glycosides, natural flavourings</i>	
Splenda Stevia Crystal <i>Contains: erythritol, steviol glycosides.</i> Canderel Sugarly Sweetener <i>Contains: erythritol, sucralose</i> Natvia granulated sweetener <i>Contains: erythritol and steviol glycosides</i>	



Sweetener Syrups and Drops

Product name and ingredients	Product picture
<p>Skinny Syrups <i>Chocolate syrup contains: Water, Thickeners (Sodium carboxy methyl cellulose, Xanthan gum), Flavouring, Cocoa Powder, Colour (Caramel E150d), Salt, Acid (Lactic Acid), Sweetener (Sucralose), Preservatives (Potassium sorbate, Sodium benzoate)</i></p>	
<p>DaVinci Sugar Free Syrups <i>Caramel and vanilla flavour syrups contain; water, natural and artificial flavour, cellulose gum, sucralose, sodium benzoate, citric acid, caramel colour</i></p>	
<p>Walden Farms Near Zero Syrups <i>Chocolate flavour syrup contains; NATURAL COCOA POWDER†, ERYTHRITOL, CELLULOSE GUM, CARAMEL COLOR, LACTIC ACID, XANTHAN GUM, NATURAL FLAVORS, MICROCRYSTALLINE CELLULOSE, SALT, SODIUM CITRATE, STEVIOL GLYCOSIDES.</i></p>	
<p>The Protein Works Zero Syrups <i>Choc Fudge flavour syrup contains: Water, Flavourings, Modified Starch, Fat-Reduced Cocoa Powder 1.5%, Colour (ammonia caramel), Thickener (Xanthan Gum), Preservatives (Sodium Benzoate, Potassium Sorbate), Acidity Regulators (Lactic acid, d-glucuronalactone), Sweetener (Sucralose), Salt.</i></p>	



Product name and ingredients	Product picture
Modern Nature Liquid Stevia drops <i>Contains: water, steviol glycosides, natural flavour, potassium sorbate, citric acid</i>	
Applied Nutrition Flavo Drops <i>Banana flavour contains: Natural Flavouring, Deionised Water, Sweetener (Sucralose), Natural Colouring (Curcumin Extract E100)</i>	
My Protein Flavdrops <i>Toffee contains: Water, Sweetener (Sucralose) Natural Flavouring.</i>	



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