

# Sugalight® Xylitol

Premium Natural Sweetener

## What is Xylitol?

- A sweetener derived from plants.
- Suitable for people on sugar and calorie control.

## Advantages

- Very low GI
- May prevent type-II diabetes
- Inhibits tooth decay
- Less calories than sugar
- All natural
- Tastes like sugar
- No bitter after-taste
- Safe for Cooking

## A natural sweetener

Xylitol is derived from the fibers of berries, oats and mushrooms.

In fact, our bodies also produce Xylitol during its normal metabolic processes!

## Diabetic friendly

Our bodies absorb Xylitol much more slowly than ordinary sugar. Xylitol does not cause blood sugar spikes the way sugar does.

The Glycemic Index (GI) is a way to measure the size of blood sugar spikes caused by various foods. While glucose is GI 100 and table sugar is GI 60, Xylitol is unique in having a low GI of 7.

Food Ingredient	Glycemic Index
Glucose	100
Sucrose (table sugar)	60
Xylitol	7

## Sugalight™ Xylitol and calorie control

Xylitol contains 40% less calories than sugar.

Replacing sugar with Xylitol is the easiest way to cut calories and still satisfy sweet cravings.

## Other benefits

- Tooth-friendly - Xylitol has been proven to reduce the risk of dental caries. It inhibits the growth of the bacteria responsible for tooth decay.

Dental associations around the world including those in Finland, Norway, Sweden, England, Ireland, Estonia and the Netherlands have officially endorsed Xylitol for its dental benefits.

- Nasal sprays - Xylitol is often found in nasal sprays as it inhibits the growth of bacteria on the nasopharyngeal cells.

- Ear and upper respiratory infections - Studies have shown that Xylitol chewing gum can help prevent ear infections as the chewing action as well as the chemistry of Xylitol can interfere with the ability of many bacteria to adhere.
- Osteoporosis - Xylitol is potentially a treatment for osteoporosis. A group of Finnish researchers has found that dietary Xylitol prevents weakening of bones in laboratory rats.
- Pregnant and nursing women - Xylitol is safe for pregnant and nursing women, and studies show that regular use significantly reduces the probability of transmitting the tooth decay bacteria from mother to child during the first two years of life by as much as 80%.

## Approved for use in Singapore

Xylitol is approved for use as a food ingredient in many countries including the US, UK, EU, Japan and Singapore.

Under the Health Promotion Board's 'Healthier Choice' program, foods containing Xylitol are permitted to carry the 'Healthier Choice' logo.



## Why not fructose?

Fructose or fruit sugar is often used by diabetics because of its low GI of 19.

Researchers have implicated excess Fructose consumption in many abnormalities.

These include insulin resistance, obesity, elevated LDL cholesterol and triglyceride levels<sup>1</sup>.

In addition, excess Fructose consumption has been linked to 'Fatty Liver Disease' in which the liver appears like those of chronic alcoholics<sup>2</sup>. This is because Fructose is only metabolized in the liver and not individual cells. A high Fructose diet can lead to the liver working 'extra hard'.

<sup>1</sup> Basciano H, Federico L, Adeli K (2005). "[Fructose, insulin resistance, and metabolic dyslipidemia](#)". *Nutrition & Metabolism* 2 (5): 5. doi:10.1186/1743-7075-2-5

<sup>2</sup> Ouyang X, Cirillo P et al (2008). "Fructose consumption as a risk factor for non-alcoholic fatty liver disease.", *J Hepatol* Jun;48(6):993-9. Epub 2008 Mar 10.

## Side effects

As a low calorie sweetener, Xylitol is absorbed more slowly than normal sugar.

In some people, mild gastrointestinal side-effects such as bloating and diarrhea may occur.

With regular intake of Xylitol, our bodies adapt so that such side effects do not happen.

## Sugalight™ Xylitol & baking?

Xylitol can be used in baking and cooked desserts.

Xylitol should not be used to replace sugar in bread-making as it will not cause breads to rise. This is because baker's yeast needs to feed on sugar (not Xylitol) to produce carbon dioxide bubbles in the dough.

## Xylitol & pets

While Xylitol is highly beneficial to human health, it should not be fed to pets due to their different body chemistries. There are reported cases of dogs suffering from low blood sugar (hypoglycemia) after eating Xylitol.

## Purchasing Sugalight™ Xylitol

Sugalight™ Xylitol is available from our outlet at Rail Mall as well as online at [better4U.sg](http://better4U.sg)