

Soundbite script – Sugar substitutes and weight loss aren't friends

Jason Crum, dietitian, OSF HealthCare

"When you look at sugar substitutes, it's more why am I using the sugar substitutes? If I'm quickly replacing calories because I don't want calories from a can of Coca Cola or Pepsi, a sugar substitute would be something quicker to use. However, most people are doing it for a long time, which is creating other problems." (:20)

Jason Crum, dietitian, OSF HealthCare

"We create dysbiosis – that altered gut bacteria. They use the energy differently, and they make other products out of it, which we in turn absorb. And that messes with our receptors, our ability to understand what's going on in our gut. It triggers more cravings for those sugary foods anyway, it even helps us eat more, which can be an adverse thing for most people." (:26)

Jason Crum, dietitian, OSF HealthCare

"For most of my clients we don't want to expect weight loss by just simply avoiding the sugars and using sugar alcohols or sugar substitutes of a different type. It's looking at why they are consuming the sugary form in the first place? They could have an imbalanced dietary intake, it could be eating foods at the wrong times, it could be emotionally eating. If you're going to have a sugar substitute, you're not quelling that emotional response anymore. So it makes those cravings worse later in the day, and you might end up eating more total calories than if you had something that had the sugar in it." (:38)

Jason Crum, dietitian, OSF HealthCare

"What are the nutrition facts label telling me? Do I understand what a total carb is? Do I understand what the sugar is under there? Every four grams of added sugar is equivalent to one teaspoon, so if you have 12 grams of added sugar you have three teaspoons of sugar right there. So, understanding that gives people an idea of where am I really at here." (:26)