



Safe And Unsafe Artificial Sweeteners During Pregnancy



Safe Sweeteners



Nutritive artificial sweeteners such as high fructose corn syrup, honey, and isomalt can be taken in moderation.



Polyols and polydextrose are considered safe for consumption.



Aspartame, thaumatin, stevia, and sucralose are safe for consumption.

Potentially Unsafe Sweeteners



Acesulfame potassium and Saccharin have been found to cross the placenta.



Saccharin is known to cause health complications in the fetus.



Cyclamate and Neotame have limited evidence of their effects on the fetus.

References:

1. Sweeteners in Foods; K-State Research And Extension
2. Sugar substitutes during pregnancy; NCBI

