

Sweetener Information for PKU



What is aspartame and why is it not suitable for PKU?

Many foods and drinks contain aspartame particularly fizzy drinks, cordials, alcoholic drinks, puddings, crisps and chewing gums. Aspartame is made from 2 amino acids aspartic acid and phenylalanine. The body breaks down aspartame into these amino acids and so is a source of phenylalanine. If a food containing phenylalanine is taken it will be like taking an extra exchange or two above your daily allowance. This is why it is not permitted in the diet for PKU.

The following artificial sweeteners are not suitable for people with PKU:

- Aspartame
- Aspartame-Acesulfame-K (*Acesulfame-K on its own is suitable*)
- E951
- E962

The following artificial sweeteners are suitable:

- Sucralose
- Saccharin
- [Neotame](#) (This is chemically similar to aspartame being made of aspartic acid and phenylalanine but it is so structured that it is resistance to the separation of these 2 amino acids and has been declared safe by the UK Food Safety Agency for use in PKU)
- Acesulfame-K
- Stevia glycosides

Some people use artificial sweeteners as an alternative to sugar. The following shows which sweeteners are suitable for PKU:

- Canderel Green Stevia sweetener
- Canderel Yellow Sweetener (*Please note ordinary Canderel is not suitable*)
- Hermesetas
- Splenda
- Splenda Granular Ceka
- Sweetex
- Tesco Granular Sweetener
- Tesco Stevia Sweetener
- Tesco Value Sweetener (*Please note Tesco Tablet Sweetener is not suitable*)
- Truvia

Note: Information is correct at the time of printing. Always remember to check food labels in case any products have changed.