



## Sweetener Information for PKU and TYR



### What Is Aspartame and Why Is It Not Suitable For PKU and TYR?

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 eaten it will be like having an extra exchange or two above your daily allowance. This is why it is not permitted in the diet for PKU or TYR.

### Not Recommended for Healthy Eating

Sweeteners are not recommended as part of a healthy diet. Despite providing fewer calories than sugar, they lack nutrients and promote a preference for sweet foods rather than the development of healthier eating patterns.

However, if you choose to use them on occasion please note which options can be used below:

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

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

The following artificial sweeteners **are suitable** for people with PKU or TYR:

- Sucralose
- Saccharin
- Sorbitol
- Neotame
- Acesulfame-K
- Stevia glycosides
- Xylitol
- Erythritol

Turn over for some example when shopping. Always check the label yourself as ingredients can change.



Splenda Granular, Splenda Stevia,  
Splenda Tablets



(Aldi) The Pantry Aspartame Sweetener Tablets

(Lidl) Belbake Aspartame Sweeteners

Canderel Granular



Canderel Sugary, Canderel Tablets  
Canderel Stevia, Canderel Stevia Blend Tablets



Tesco Low Calorie Sweetener  
Stockwell & Co Sweetener



Pure Via Stevia, Pure Via Xylitol  
Pure Via Erythritol, Pure Via Tablets



Hermesetas Granular Sweetener  
Hermesetas Mini Tablets



(Aldi) The Pantry Stevia Granular, The Pantry Stevia Tablets,  
The Pantry Sucralose Granular, The Pantry Sucralose Tablets  
(Lidl) Rio Sucralose Sweetener