



Use substitute sugar properly 適量使用代糖原則(英文)

1. Substitute sugar is a kind of artificially synthesized chemical sweetener.
2. It is low caloric and we need only a few amount to sweeten the food taste.

commodities	cook	Make cake or Chinese dessert	Use in coffee or black tea	Add in cold drinks (e.g. soy milk)
金美適甜	v	v	v	v
健怡糖			v	v
蜜而康 substitute	v	v	v	v
三多甜 L substitute			v	v
思維樂 Low calories powder	v	v	v	v
思維樂 Low calories tablet	v	v	v	v

Powder of diamond Aspartame			v	v
Tablet diamond Aspartame			v	v

3. Substitute sugar ingredients include:

Aspartame

- It is inappropriate to heat substitute sugar because it loses its sweet flavor easily.
- PKU (Phenylketonuria: Genetic metabolic defects is an amino acid may be, in patients with liver phenylalanine hydroxylase deficiency, so that the food can not be converted to phenylalanine, tyrosine, phenylalanine, resulting in aggregation in the brain, the transaminase role into phenylketonuria, thus affecting the patient's brain development, causing mental retardation and epilepsy, and patients with skin whitening, hair yellow, there are rat urine odor and other symptoms) patients are not allowed to use it.

Acesulfame K

- It is all right to cook it because it does not dissolve with heat.

Saccharin

- It does not dissolve with heat. It affects flavor and turns it bitter once we add too much in the food.
- Use substitute sugar wisely and carefully examine the ingredients before you buy it.