



BROOKLYN_BORN

[Change Banner Image](#)

154,974
SparkPoints



Info



Photos



Feed



Blogs



Awards

More



Sugar alcohol and me – got to read those labels carefully.

Friday, August 22, 2014

My status today says that I'm sorting through photos. That's true and needs to be done, but the decision wasn't totally my choice.

Like many people, some food "agrees with me" and some doesn't. In my case I've learned to totally avoid fish. Yes, the food that everyone is supposed to include in a healthy diet. Not me!

I also avoid artificial sweeteners by personal choice, although I understand the need for them especially for those with a medical reason to avoid sugar.

A few years ago I bought a few protein bars. I read the label. No sugar, no aspartame, no Splenda etc. It tasted good. Hmm, how did they do that?

Later I had some GI upset. What was going on? Soon I realized that it happened whenever I ate one of my new protein bars.

That's when I became aware of sugar alcohol. OK, no fish and no sugar alcohol. However, it's easier to avoid fish than these new additives. They're sneaking in everywhere.

I knew to avoid anything ending in "ol" but there are 2 more I wasn't aware of. I found this list in a SP article.

Erythritol, Hydrogenated starch hydrolysates, Isomalt, Lactitol, Maltitol, Mannitol, Sorbitol, Xylitol
www.sparkpeople.com/resources/nutrition_articles.asp?id=948&page=3

The article goes on to explain. "For some people, consuming certain sugar alcohols in excessive amounts may cause gastrointestinal upsets such as gas, bloating and diarrhea. Whether or not you will experience problems will depend on your individual sensitivity level and the other foods you consume at the same time. It is best to find your individual tolerance level when using these food ingredients, and to avoid them if they cause discomfort."

Obviously my tolerance level is rather low. Got to read those labels carefully.

No running today. Maybe a nice walk.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

Member Comments About This Blog Post



SHEL_V2

Xylitol and erythritol seem to be much better tolerated by most people. With manufacturers on the stevia bandwagon, you'll often find it listed in the small type ingredients when the front of the label says "Sweetened with Stevia". But it is a tasty combination. I have a growing collection of low carb recipes to make with either xylitol or erythritol. I primarily use erythritol because xylitol is so dangerous for dogs... and I have 4 of them... and they're tall enough to lick the counter.

I'm guilty of enjoying a few chocolates with the "uh-oh" sugar alcohols and sometimes pay the price. I strive to be smart enough not to do it two days in a row.
2482 days ago

[v](#)



SPINNINGJW

I seem to do okay with the artificial sweeteners, unless I have an excessive amount. At one time I was drinking a lot of crystal lite, like between a quart and a half gallon a day, and that started to cause me GI upset. I cut back and started drinking more water, and that solved that problem. I still occasionally use the individual ones that you put in a water bottle, but I find that I need a water bottle about twice the size they say because otherwise it is too much.
2484 days ago

[v](#)



BOILHAM

Doing my best to avoid artificial sweeteners. Too bad you're so sensitive, but glad you identified the source.
2485 days ago

[v](#)



MARYJEANSL

I'm so sorry you had a bad reaction. :(I hope you feel much better soon. I am searching for an artificial sweetener that I like and that isn't too, too bad for me. It's a challenge, to say the least.
2485 days ago

[v](#)



DOVESEYES

xylitol is my nemesis.
2486 days ago

[v](#)



KATELJM

That is why I like cooking my own food.
2486 days ago

[v](#)



ONEKIDSMOM

Finding what your body is going to reject is the best practical learning one can have. Read labels like your life depended on it!
2486 days ago

[v](#)



BOOKAPHILE

It feels like I need a degree in chemistry and nutrition just to know what's safe to eat!
2486 days ago

[v](#)



DR1939

I am allergic to beans including soy beans although I can eat some processed forms of soy.
2487 days ago

[v](#)



IFDEEVARUNS2

I can't handle any of the gus, gels, whatever. Even Honey Stingers have something akin to MSG that sends my head spinning. Yes, one has to read carefully and learn from experience.
2487 days ago

[v](#)



LINDAKAY228

I remember seeing a story about a man who saw his dr and complained of diarrhea. He had lost weight by choice, which was good. After the doctor questioned him it turned out that he was chewing a lot of sugar free gum to keep from eating excessively. That turned out to be the problem, which he had never even thought of. Some of these things are sneaky, and also we each has to be aware of what will bother us. Great article.
2487 days ago

[v](#)

TERI-RIFIC

A lot of those are in sugarless gum. My middle daughter is sensitive, too and she can't chew sugarless gum or she gets bad digestive upset!
2487 days ago

[v](#)

**MISCHAKEO**

Thanks for that information. I try to stay away from artificial sweeteners. I did not know about sugar alcohols. Good information!
2487 days ago

**TRAVELGRRL**

Wow, thanks for blogging about this topic. Since being on the Whole30 for nearly two weeks I was able to wean myself off many of the artificial sweeteners that I was using for no good reason except habit. I'm also looking at labels more critically and trying to eat better quality food and more REAL food. A little butter or olive oil rather than the "sprays". Air popped popcorn instead of packaged microwaved. All these additives just cannot be good!
2487 days ago

**CD4114015**

YES! I also have to avoid them....DH has totally banned them FROM me....for reasons I am sure you know. So I don't even chew sugar free gum anymore!

Great blog!
2487 days ago

**WILSONWR**

Time to start making those protein bars yourself! I need to do that also - I just have been a little too ignorant of all those additives.
2487 days ago

**LEWILL1982**

I try to avoid sugar alcohols because I worried there was more processed "stuff" in the food and then I didn't understand the difference between sugar and sugar alcohol. Rather than study up on it, I just decided I should stay away from it.

So important to read labels!
2487 days ago

**BLAZINGSWORD**

I've got to tell you that Splenda almost killed me back in 2008. I was drinking Swiss Miss Hot Chocolate with Splenda in it, trying to stay true to the South Beach Diet then. I had upped drinking the stuff during March of that year because it was still extremely cold and somewhat snowy that month.

I broke out in blisters everywhere there was a crevice in my body meaning behind the knees, in the elbows, underneath my headlights so to speak, and I was miserable.

I went to the ER and the doctor said it was topical. And as much as I tried to explain to him that it wasn't, he still gave me an RX for a cream. This was late Saturday evening and I started to itch the previous evening, on Friday.

Monday morning I called my doctor's office right away and told them that I had been to the ER and that I wasn't going back because I needed to be seen by someone that could help me. So they took me in right away. The CRNP, (certified registered nurse practitioner said that it was systemic, meaning it was something that I ate.

She gave me a double dose shot of prednisone and prescribed prednisone for 10 days with orders to see her the following morning. So that's what I did. Our conclusion was that it was a reaction to Splenda and the body was trying to get rid of the toxin by shedding in the form of blisters.

My daughter at the time was attending University of California and she told her organic chemistry professor about my reaction to the Splenda where upon he told her that Splenda was originally created in England as a pesticide. Yes, a pesticide.

AND that Splenda has a chemical structural makeup similar to DEET, which is a pesticide. Splenda is sweet but even the bugs won't eat it. That should tell you something.

Also, I have found out that all artificial sweeteners are not digestible, hence the bloating the diarrhea, because the body doesn't know what to do with them.

And it has also been proven that artificial sweeteners just sets up cravings in a person to want to eat more sweet foods or drinks and that's not good at all.

Just saying. I avoid the stuff like the plague that it is.

2487 days ago

**SLENDERELLA61**

Glad you are so smart about labels and learning your own sensitivities. I got to say I tolerate sugar alcohols with no problem, but I suspect I should avoid them anyway. Can't be healthy.
2487 days ago





JAROL7

Anyone who really wants eating health HAS TO READ the labels carefully.
2487 days ago



WATERMELLEN

Oh yeah -- I avoid those sugar alcohols too. Splenda is not so bad; keep aspartame to a minimum; and I avoid anything ending in "ol"!!
2487 days ago



Comment edited on: 8/22/2014 7:42:43 AM

Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

☐ Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.