



NATIONAL EXTENSION WORKING GROUP

## Matching activity

### Carbohydrates and sweeteners

Match the sweetener on the left to the appropriate answer on the right.

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|-------------------------|--|
| 1. Saccharin            | a) Known as <i>Splenda™</i> , made from sugar with certain chemical changes. Has the same volume and taste as sugar. 600 times sweeter than table sugar.   |
| 2. Aspartame            | b) Sold as <i>Sweet n' Low™</i> , a brown sugar supplement, <i>Sugar Twin</i> , and <i>Sweet Thing</i> . Is very stable for baking, but has a noticeable aftertaste. 300 times sweeter than sugar.   |
| 3. Sucralose            | c) Sold as <i>SweetOne™</i> , has less aftertaste than saccharin and is more stable when heated than aspartame. 200 times sweeter than sugar.  |
| 4. Saccharin            | d) Known as <i>NutraSweet™</i> or <i>Equal™</i> , has very little aftertaste, but it tends to denature, or lose its sweetness, when it is heated. 200 times sweeter than sugar.  |
| 5. Stevia               | e) May be sold under the approved names of <i>Only Sweet</i> , <i>PureVia</i> , <i>Sweet Leaf</i> , and <i>Truvia</i> . It is stable for baking. Check packaging as that may vary from one brand to another and depending on its form (liquid, packet, loose powder). Substitute ¼ teaspoon or ½ packet of Stevia for every 1 teaspoon of sugar in a recipe. 200 times sweeter than sugar. |
| 6. Acesulfame potassium |  |

Answers: 1-b, 2-d, 3-a, 4-b, 5-e, 6-c

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