

10 facts about cereal sweeteners (glucose- and glucose-fructose syrups)



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They are sugars of natural origin — derived from **wheat or corn** starch — in a process very similar to how table sugar is produced.



The wheat and corn used in Europe for production of the cereal sweeteners are mostly sourced exclusively from **European farmers**.

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Both corn and wheat-derived syrups are **gluten-free**. They are therefore suitable for coeliacs¹.

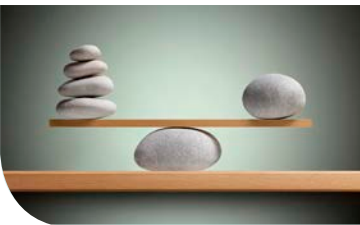


Sugars can be **part of a varied and healthy diet when eaten in moderation** and when adopting an active lifestyle.

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Like all carbohydrates (including sugars such as honey or table sugar), cereal sweeteners **provide 4 kilocalories of energy per gram** which is the same as the calorie content of proteins¹. Glucose performs a unique and vital role as a **preferred source of energy for the brain**⁴.



Overweight and obesity risks relate more closely to **energy balance** (calories “in” exceeding calories “out”), than to the type of calories consumed⁵.

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The consumption of sugars in normal quantities does not, in itself, have influence on the development of type II diabetes².



All sugars (added or naturally present) are **digested in the same way**³.

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As cereal sweeteners are blends of different sugars they vary in sweetness and physical properties.



They can be finetuned to deliver on the exact needs of food & beverage manufacturers, and can offer them important processing and cost benefits.

10

¹ EU regulation N°. 1169/2011

² Lewis et al., 2013. Comparison of 5% versus 15% sucrose intakes as part of a eucaloric diet in overweight and obese subjects [...] doi: 10.1016:

³ Van Buul VJ et al. (2014) Misconceptions about fructose-containing sugars and their role in the obesity epidemic. Nutr Res Rev 27: 119-30

⁴ EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA) (2010) scientific Opinion on Dietary reference Values for carbohydrates and dietary fibre. EFsa Journal 8(3):1462 [77pp]. available at: www.efsa.europa.eu (accessed 7th January 2015)

⁵ 40. Costanza et al. (2007) Achieving Energy Balance at the Population Level Through Increases in Physical Activity. American journal of public health, vol. 97(3):520-525