

Knowing Sugar Free

Frequently asked questions



1. What is Sugar Free?

- Sugar Free products are produced by replacing Sugar (Sucrose) with low calorie substitutes known as sweeteners
- There are more than 10 types of Sugar substitutes that are available in the market, approved by government agencies

2. What sugar free substitutes does Zeugar use? Are they natural?

- Zeugar uses 3 types of sugar substitutes – Stevia, Sucralose and Maltitol. All of them are made from natural substances
- We do not use lab-produced chemical substances like Aspartame
- All our ingredients are approved by FSSAI (Food Safety and Standards Authority of India), the govt body in charge of food safety and by the American Food standards Authority (FDA)
- These products are available globally, used by millions of people

3. How does Sugar Free foods help reduce calories in the food? Does reducing calories help diet control?

- A large part of calories in Sweet dishes come from sugar itself. Sugar provides 420 Calories per 100 gm. The substitutes we use have extremely low calories. For e.g., both Sucralose and Stevia has <1 calorie to provide the same amount of sweetness as 100 gms of Sugar. Therefore, by avoiding Sugar and replacing them with low calorie substitutes like Sucralose and Stevia, the total calories in a dish will be significantly lower
- Reducing calorie intake helps in managing weight. A normal human being requires 1500-2000 calories per day. Any excess consumption will get converted as fat and get deposited in the body. By reducing calories therefore, weight management is achieved

4. Are Zeugar products safe for diabetics?

- In limited quantities (<200 gm at a time), it is safe as there is no Sugar Added.
- However, there maybe other ingredients (E.g., Flour, Cream), that may not be very ideal for diabetics. Hence always consume in moderation
- We also use only diabetic friendly fruits (We do not use fruits like Mangoes, Pineapple, Watermelon, Banana etc)

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5. What is Glycemic Index (GI)? How is it important for Diabetics? What is the GI for the substitutes you use?

- Glycemic index is a number. It gives you an idea about how fast a food item increases blood sugar level. Two foods with the same amount of carbohydrates can have different glycemic index numbers.
- The smaller the number, the less impact the food has on your blood sugar.
55 or less = Low (good) 56- 69 = Medium 70 or higher = High (bad)
- GI is very important for diabetics as it determines how fast your blood sugar level increases after consuming a particular food
- Normal Sugar has a GI of 70, whereas the substitutes we use have much lower GI
 - i. Sucralose and Stevia has GI <1
 - ii. Maltitol has GI of 35
- Replacing Sugar with low GI substitutes help lower the overall GI of the dish hence making it safer for diabetics

6. Are there any side effects for the sugar substitutes we use?

- Excess consumption (More than 400 gms at a time) may cause laxative effects in few people. It is nothing to worry about and is the same as having other dishes like Tapioca or Jack Fruit