
1. Erythritol

Why in News?

- Recently, Erythritol, a popular artificial sweetener, is associated with an increased risk of heart attack and stroke.

Highlights

- Results of the research revealed that erythritol made platelets easier to activate and form a clot.
- Erythritol activates platelets, the blood cells which cause clots when they clump together. Such aggregation of platelets blocks blood flow in blood vessels in different parts of the body.
- When that happens in blood vessels supplying blood to the heart or brain, fatal or non-fatal cardiovascular events occur.
- It Is a type of sugar alcohol commonly used as a sugar substitute in foods and beverages. Unlike traditional sugars, it has no calories and does not raise blood sugar levels.
- Artificial sweeteners are common replacements for table sugar in low-calorie, low-carbohydrate and “keto” products (high in fat and low in carbohydrates).
- It Is also believed to have a lower GI than other sweeteners, meaning it may not impact insulin levels as strongly.
- GI is a value used to measure how much specific foods increase blood sugar levels.
- Sugar-free products containing Erythritol are often recommended for people who have obesity, diabetes or metabolic syndrome and are looking for options to help manage their sugar or calorie intake.
- People with these conditions also are at higher risk for adverse cardiovascular events like heart attack and stroke