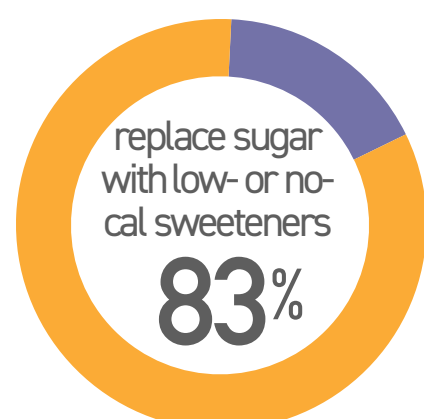


DIETITIANS SUPPORT SUCRALOSE AS A DIETARY TOOL

Dietitians See Better Adherence to Healthy Dietary Habits When Clients:



Nearly all dietitians (99%) counsel clients about reducing their calorie intake. Among the strategies they discuss are reducing sugars (96%) and controlling portion sizes (87%). This is according to a recent survey of U.S. registered dietitians (RDs) by Tate & Lyle.¹

Sucralose As a Solution for Dietary Goals

Dietitians overwhelmingly agree that sucralose, a zero-calorie sweetener that has a sugar-like taste profile, helps clients who are struggling with adhering to their dietary goals.¹

According to the survey, dietitians claim that sucralose is:

- Useful in supporting long-term weight loss/weight maintenance
- Helps clients reduce their calorie and sugar intake

81% OF DIETITIANS REPORT that half or more of their clients fail to adhere long-term to weight loss/weight maintenance dietary recommendations

Top nutrition-related topics addressed by dietitians in client education:



THE MAJORITY OF SURVEYED DIETITIANS CLAIM THAT SUCRALOSE IS:

Helpful in reducing calorie intake

73%

Helpful in reducing added sugars

72%

Recommended as a substitute for table sugar to support client health and wellness goals

65%

A useful dietary tool that supports long term weight loss and maintenance

57%



SUCRALOSE CAN HELP REDUCE CALORIES AND ADDED SUGARS AS PART OF A HEALTHY LIFESTYLE APPROACH

Dietitians support sucralose in particular as a useful tool to help clients adhere to dietary goals and have a positive perception of its benefits:

- A strong majority of RDs (75%) agree that sucralose is an ingredient they recommend for clients seeking food or beverages sweetened with an alternative to sugars
- Sucralose is one of the top 3 low- and no-calorie sweeteners dietitians recommend to clients

Sucralose delivers taste, enjoyment, and variety. Approximately three-quarters of RDs agree that sucralose, as an alternative to sugars:

- Has an appealing taste
- Gives people enjoyment
- Is an appealing option among low- and no-calorie sweeteners

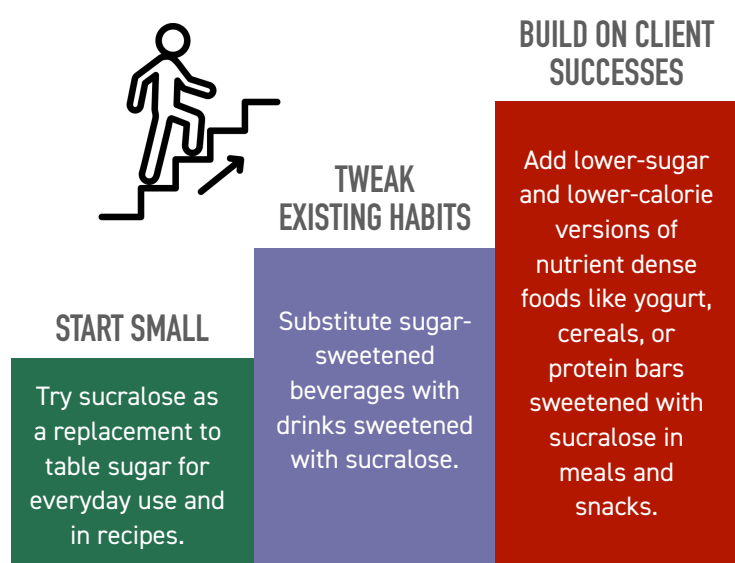
How to Reduce Sugars and Calories

Remember that Small Changes Matter

A key tenet of behavioral change is to meet clients where they are. For those who struggle to integrate healthy eating choices in their daily routines, practical and attainable solutions can serve as steppingstones to better health. These gradual changes in healthy eating behaviors instill confidence and self-efficacy.

Make Simple Swaps with Sucralose

Achieve a healthy lifestyle while delivering on taste, enjoyment and variety with these dietitian-approved swaps:



¹Survey of Perceptions and Recommendations of Sucralose Among 75 Registered Dietitians in the United States between June and July 2022. Tate & Lyle.