



Sugar Substitutes: Swap Sugar from Diet - Use Sugar Substitutes - Prevent Tooth Decay

Anukriti Pathak, Deepak Sharma

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We humans are creatures born with a taste for sweetness and that remains with us throughout our life. A large amount of sugar intake not only means more calories, it brings with it a galore of health problems, from dental issues to more serious heart problems. Is it necessary to add sugar to achieve sweetness? Can the same sweetness be achieved using Sugar Substitutes? A Sugar Substitute is an additive that replicates the taste of sugar, but without the baggage of extra calories. This book targets the dental aspects of use of Sugar Substitutes detailing the various clinical trials and field studies performed regarding the same. It discusses the types of sugar substitutes, their safety and effect on dental health.

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