



# BLOMMER CHOCOLATE COMPANY

## SUGAR FREE VS. NO SUGAR ADDED

### SUGAR FREE (SF) VS. NO SUGAR ADDED (NSA)

To qualify as sugar free, a food must contain less than 0.5 gram (g) of sugars per reference amount customarily consumed and per labeled serving size according to 21 C.F.R. § 101.60. In the same document (21 CFR § 101.60), it defines NSA as no amount of sugars, or any other ingredient that contains sugars that functionally substitute for added sugars is added during processing or packaging. For example, No Sugar Added Chocolates (NSA) may contain nonfat and whole fat milks, whereas sugar free cannot because of the lactose present in milk.

### SUGAR ALCOHOLS/POLYOLS

The growing demand for sugar free products has resulted in more food applications for polyols. Although polyols are deemed safe by the U.S. Food and Drug Administration, the maximum daily consumption of polyols by an individual should be determined by that person's diet, personal health/medical requirements and the sensitivity of that individual to polyols. Some Polyols could cause a laxation effect to sensitive individuals. Some types of polyols Blommer uses in confectionery coatings include:

#### MALTITOL

Maltitol is a sugar alcohol derived from Maltose (a disaccharide). Maltitol comes in several kinds of granulation sizes (anhydrous) as well as in syrup forms. The calories per gram are less than the calories per gram of sugar; however, the specific calorie content may vary from different manufacturers depending on the composition, manufacturing process and the form that is desired for a specific application. Blommer Chocolate products that contain Maltitol are Commack NSA Milk, Germantown SF Milk and Dark, Valley Forge SF Milk and Dark, and Forgedale.

#### ISOMALT

Isomalt is derived from Isomaltulose, which comes from beet sugar. Isomalt has about 50% of the sweetness of sucrose and half the calories per gram. This product is not seen as natural and has a laxative effect. Blommer Chocolate Products that contain Isomalt are Avalon SF Dark and Cape May NSA Milk.

#### ERYTHRITOL

The only polyol currently considered as natural. This product is about 60-70% as sweet as sucrose, contains 0.2 kcal per gram and offers no laxation effect that most other polyols do. On the other hand, Erythritol does have a strong cooling sensation and sometimes a slight metallic taste when used in large quantities. This polyol is also often paired with Stevia since both are considered natural. Blommer Chocolate products that contain Erythritol are Huntington SF Dark, Sanibel Fair Trade Gold NSA Milk and Belmar SF Dark.

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### POLYDEXTROSE

Polydextrose is a polysaccharide composed of glucose, containing minor amounts of bound sorbitol and acid. This product only has 1 kcal per gram, which is a quarter the amount of sucrose. Polydextrose also has no relative sweetness versus sucrose, so it is generally used along with a high intensity sweetener. Polydextrose is prebiotic, non-glycemic and widely recognized as a source of dietary fiber. A Blommer Chocolate product that contains polydextrose is Corolla SF Dark.

### HIGH INTENSITY SWEETENERS

#### STEVIA (REB A)

Stevia is also known as Reb A and is an extract of the stevia leaf. Stevia extracts can be up to 300 times the sweetness of sucrose. It is considered as a natural product and is often paired with Erythritol in sugar free and no sugar added chocolates. Blommer Chocolate products that contain Stevia are Huntington SF Dark, Sanibel Fair Trade Gold NSA Milk and Belmar SF Dark.

#### SUCRALOSE

Sucralose, also known by the brand name Splenda, is a noncaloric high intensity sweetener. This artificial sweetener can be anywhere from 320-1,000 times as sweet as sucrose and 3 times sweeter than aspartame. This can be paired with polyols to round out a products flavor. Blommer Chocolates that contain Sucralose are Corolla SF Dark, Valley Forge SF Milk, and Avalon SF Dark.

#### ASPARTAME

Aspartame, originally branded as Nutrasweet, is an artificial high intensity sweetener that is about 200 times sweeter than sucrose. Even though aspartame produces four kilocalories of energy per gram when metabolized, the quantity of aspartame needed to produce a sweet taste is so small that its caloric contribution is negligible. The sweetness of Aspartame will also last longer than sucrose. A Blommer Chocolate that contains aspartame is Canderel NSA Milk.



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