



# Erythritol

## Why in News?

According to recent research, **Erythritol, a popular artificial sweetener, is associated with an increased risk of heart attack and stroke.**

## What was the Result of the Research?

- 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.**

## What is Erythritol?

- **About:** 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).
- **Low Glycemic Index (GI):** 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.**
- **Uses:** 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.**

## UPSC Civil Services Exam, Previous Year Questions (PYQ)

**Q. ‘Triclosan’, considered harmful when exposed to high levels for a long time, is most likely present in which of the following? (2021)**

- (a) Food preservatives
- (b) Fruit-ripening substances
- (c) Reused plastic containers
- (d) Toiletries

**Ans: (d)**

- Triclosan is an ingredient added to many consumer products intended to reduce or prevent bacterial contamination. It is added **to toiletries like antibacterial soaps and body washes,**

toothpaste, and some cosmetics.

- Therefore, option (d) is the correct answer.

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