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Amount of Cyclamate in Diet Foods*

*By: Regina Stewart
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THE ROCHESTER COMMITTEE FOR SCIENTIFIC INFORMATION
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Food Additives
Bulletin #2

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Amount of Cyclamate in Diet Foods
by
Regina Stewart

1. Summary.

This bulletin is a shoppers' guide for mothers who want to ration the amount of cyclamate eaten by their families according to limits suggested by the U. S. Food and Drug Administration. Cyclamate is an artificial sweetener, and the official recommendation is that children should not eat more than 1.2 grams and that adults should not eat more than 3.5 grams daily. Diet soft drinks contain approximately $\frac{1}{2}$ gram of cyclamate in a 12 ounce bottle, so that three bottles a day are probably more than the U. S. recommended limit for a child. Many other diet foods are sweetened in similar proportions, as shown below.

2. Source and Use of Information.

The information reported in this bulletin was gathered during the week of March 10, 1969 by copying labels on diet foods in one Rochester supermarket. The labels did not give the amount of cyclamate, but they gave the concentration of cyclamate (%) and the amount of food in the package (ounces). We computed the amount of cyclamate in milligrams (mg), rounded off to the nearest mg. We hope that this will help the shopper compute how close her food comes to the recommended limits of 1,200 mg a day for a child and 3,500 mg a day for adults. The limits are explained in the R.C.S.I. Bulletin #1 on Food Additives which accompanies this bulletin.

Please note that the list which follows shows the amount of cyclamate variously per bottle, per package, per serving or per ounce. Some foods are consumed by the bottle, while other ones are divided in serving, and we tried to use the measure that would be most helpful in estimating how much cyclamate was eaten.

3. Conversion Factors.

Sweetening by 1 teaspoon of cyclamate is equivalent to approximately 30 teaspoons (5/8 cup) of sugar.

1 gram	=	1000 mg
1.2 grams	=	1200 mg
3.5 grams	=	3500 mg

4. Table of FoodsA. Bottled and Canned Drinks

<u>Brand Name and/or Company</u>	<u>Contents of Container</u>	<u>mg of Cyclamate and Amount of Food</u>
Canada Dry		
Ginger Ale	12 fl. oz.	476 mg per bottle
Wink	12 fl. oz.	408 mg per bottle
Orange	12 fl. oz.	476 mg per bottle
Like from Seven-Up	12 fl. oz.	340 mg per bottle
Sugar-free Tab from Coca-Cola	12 fl. oz.	510 mg per bottle
Diet Dr. Pepper	12 fl. oz.	299 mg per bottle
Diet Rite Cola	12 fl. oz.	299 mg per bottle
Diet Rite Lemon Lime	12 fl. oz.	425 mg per bottle
Diet Pepsi-Cola	12 fl. oz.	680 mg per bottle
Diet Vernor's	10 fl. oz.	283 mg per bottle
Diet Wink	10 fl. oz.	340 mg per bottle
Diet Ginger Ale from Canada Dry	28 fl. oz.	370 mg in 9 oz.
Fresca	12 fl. oz.	680 mg per bottle
Diet Rite Cola	16 fl. oz.	567 mg in 8 oz.
Low Calorie Ocean Spray		
Cranberry Juice Cocktail	32 fl. oz.	181 mg in 8 oz.
Wagner Artificially flavored		
Orange Drink	54 fl. oz.	173 mg in 9 oz.
Hawaiian Punch - Rosy Red		
Low Calorie	46 fl. oz.	678 mg in 9 oz.
B. <u>Concentrates to Make into Drinks</u>		
Diet Breakfast by Fulvita		
Vanilla	6 individual	113 mg per packet
Egg Nog	packets in	118 mg per packet
Dutch Chocolate	each box	160 mg per packet
Chocolate		153 mg per packet
Slender from Carnation		
Chocolate		100 mg per packet
French Vanilla	4 packets	86 mg per packet
Vanilla	in	147 mg per packet
Dutch Chocolate	each	166 mg per packet
Chocolate Marshmallow	box	161 mg per packet
Wild Strawberry		85 mg per packet
Chocolate Malt		153 mg per packet
Sego		
Strawberry		91 mg per packet
Chocolate Fudge		190 mg per packet
Chocolate	4 packets	181 mg per packet
Chocolate	in	181 mg per packet
Strawberry	each	97 mg per packet
Vanilla	box	122 mg per packet
Chocolate Malt		180 mg per packet
Variety Pack		
Cola Fizzies - each makes one 8 oz. drink	8 tablets	194 mg per tablet
Open House Pop		
Lemon-Lime Concentrate	15.5 oz. (makes 24 8 oz. drinks)	300 mg per 8 oz. drink

C. Concentrates to Make into Drinks

<u>Brand Name and/or Company</u>	<u>Contents of Package</u>	<u>mg of Cyclamate in a 5 oz. glass</u>
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Drinks in this section make 2 quarts when mixed according to directions. The amount of cyclamate listed is amount per 5 oz. glass.

Pre-Sweetened Kool-Aid

Orange	.18 oz.	135 mg
Black Cherry	.18 oz.	134 mg
Cherry	.18 oz.	142 mg
Grape	.17 oz.	136 mg
Strawberry	.17 oz.	138 mg
Raspberry	.17 oz.	123 mg

From Pillsbury

Sir Reginald Lime-Lime	1/6 oz. (4.7 grams)	111 mg
Loud Mouth Lime	1/6 oz.	111 mg
Jolly-olly Orange	1/6 oz.	109 mg
Freckle-face Strawberry	1/5 oz. (5.7 grams)	128 mg
Goofy Grape	1/5 oz.	152 mg
Crash Orange	1/3 oz. (9.4 grams)	127 mg

D. Prepared Foods - Canned, Bottled, etc.

Miscellaneous Foods - Amounts of cyclamate are total milligrams in the entire can or bottle.

<u>Brand Name and/or Company</u>	<u>Contents of Container</u>	<u>Mg of cyclamate in Whole Container</u>
Dia-Mel Diet Control		
Blackberry Jam	8 oz.	1361 mg
Peach Preserves	8 oz.	1361 mg
Orange Marmalade	8 oz.	1361 mg
Grape Jam	8 oz.	1361 mg
Sugarless Syrup	8 oz.	907 mg
Ocean Spray Low Calorie		
Jellied Cranberry Sauce	12 oz.	851 mg
Log Cabin Reduced Calorie		
Syrup (General Foods)	12 fl. oz.	885 mg
Low Calorie Mayonnaise	16 fl. oz.	816 mg
Diet Delight Low Calorie		
Tomato Catsup	13 oz.	737 mg
Pfeiffer Low Calorie		
Caesar Dressing	8 fl. oz.	415 mg
Seven Seas Low Calorie		
French Dressing	8 fl. oz.	567 mg
Frenchette Low Calorie		
Green Goddess Dressing	8 fl. oz.	408 mg
Chunky Bleu Cheese Dressing	8 fl. oz.	522 mg
Imitation French Style Dressing	8 fl. oz.	1134 mg
D-Zerta Whipped Topping Mix - Low Calorie	2 envelopes - each makes 2½ cups of topping	383 mg in each envelope

E. Low Calorie Desserts

<u>Brand Name</u>	<u>Contents of Container</u>	<u>mg of Cyclamate and size of serving</u>
D-Zerta Low Calorie Gelatin		
Strawberry	Contain 2	409 mg per serving
Raspberry	4-serving	319 mg per serving
Cherry	envelopes	266 mg per serving
Orange		245 mg per serving
Lemon		218 mg per serving
Lime		138 mg per serving
D-Zerta Low Calorie Pudding and Pie Filling	contain 2	
Butterscotch	4-serving	121 mg per serving
Vanilla	envelopes	107 mg per serving
Estee-Vanilla-filled Wafers	4 oz.	295 mg in entire box
Estee-Vanilla, Choc. & Assorted	4 oz.	295 mg in entire box
Estee Milk Chocolate Chip	8 oz.	1,485 in 4 oz. ($\frac{1}{2}$ box)
Estee Dietetic Choc. & Vanilla Sandwich Cookies	8 oz.	613 in 4 oz. ($\frac{1}{2}$ box)
<u>Cereal</u>		
Diet-frosted Wheat Puffs by Quaker	3 oz.	283 mg in 1 oz.
<u>Candies</u>		
Estee Peanutettes	4 oz.	14 mg per oz.
Estee Peanut Butter Cups	4 oz.	77 mg per oz.
Estee Dietetic Almond Milk Choc.	2 oz.	28 mg per oz.
Estee Low Calorie Fruit-flavored Drops	5 oz.	71 mg per oz.
Estee Dietetic Chocolate T.V. Mix	4 $\frac{1}{2}$ oz.	19 mg per oz.
Estee Dietetic Milk Chocolate Flavored Wafers	3 wafers	64 mg per wafer

F. Sweeteners

<u>Brand Name</u>	<u>Contents of Package</u>	<u>mg of Cyclamate and size of serving</u>
Pillsbury's Sweet-10. Each cube = sweetness of 1 tsp. sugar	140 cubes	90 mg per cube
Sweeta Concentrated Sweetener Tablets. Each tablet = sweetness of 1 tsp. sugar	100 tablets	10 mg per tablet
Pillsbury's Sweet-10. Each 1/3 tsp = 1 tsp. sugar	6 fl. oz.	50 mg per 1/3 tsp.
Jack Frost No Calorie Sweetener. 1/4 tsp = 2 tsp. sugar	4 fl. oz.	99 mg per 1/4 tsp.
Sucaryl - Abbott Lab.	6 fl. oz.	47 mg per 1/8 tsp.

F. Sweeteners (Continued)

<u>Brand Name</u>	<u>Contents of Package</u>	<u>mg of Cyclamate and Size of Serving</u>
Superose	75 packets - 1 gram each	10 mg per packet
Pillsbury's Sprinkle Sweet, 1 tsp = 1 tsp. sugar	4½ oz.	433 mg per tsp.
Scoop from General Foods 1 tsp = 1 tsp. sugar	4½ oz.	161 mg per tsp.
Sweet 'n Low	50 packets - 1 gram each	159 mg per packet

We express our gratitude to Mr. Charles Cohen and Mr. Daan Zwick for their assistance in computing the above figures.