

Artificial Sweeteners

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Artificial sweeteners are everywhere; in diet sodas, yogurt, cereals, and many more foods and beverages. 9 in 10 Americans use products containing artificial sweeteners. Though their reputation is controversial, there may be an upside too.

Are Artificial Sweeteners Safe? (Also called nonnutritive sweeteners)

Despite fears of cancer and adverse health effects, artificial sweeteners are shown to be safe. The American Dietetic Association says “consumers can sagely enjoy a range of nutritive and nonnutritive sweeteners when consumed in a diet that is guided by current federal nutrition recommendations.” The FDA regulates and approves the use of artificial sweeteners. In the US there are five approved nonnutritive sweeteners including Saccharin, Aspartame, Acesulfame-K, Sucralose, and Neotame.

Click on link to view table for the common brand names and uses.



How Do Artificial Sweeteners Stack-Up? [Click Here](#)



Are They Okay or Not?

Artificial sweeteners provide foods and beverages with the sweet taste that we all love, without the calories. Because artificial sweeteners are so concentrated (up to 8,000 times as sweet as sugar) only a tiny amount is used to sweeten, and no calories are added. Their use can help in weight management, control of blood glucose (especially for diabetics) and prevention of cavities.

Consuming Artificial Sweeteners

The optimal use of artificial sweeteners is to reduce empty calorie foods and beverages, and to replace them with nutrient-dense choices. The increased intake of vitamin and mineral rich foods and beverages will enhance our health.