

THE SKINNY ON ASPARTAME

Aspartame and other no- and low-calorie sweeteners provide a sweet taste and can help people manage calories. Yet, many have questions about sweeteners, especially aspartame and the foods and drinks that contain it. Here's a look at what the science says about this ingredient:

A SWEET ALTERNATIVE THAT'S A TOOL FOR WEIGHT MANAGEMENT

When substituted for caloric sweeteners, it:



Is a good way to reduce calories¹
WHEN 2 OUT OF 3 AMERICANS
are overweight or obese²



Is an option for diabetics to enjoy
sweet tastes with **FEWER**
CARBOHYDRATES^{3,4}



Can help to support
WEIGHT MAINTENANCE
and **WEIGHT LOSS**^{1,5,6}



6,000+

PRODUCTS AROUND THE WORLD USE IT: yogurts, chewing gum, puddings, desserts, drinks, vitamins and toothpastes⁷

THE ACCEPTABLE DAILY INTAKE (ADI) FOR ASPARTAME IN A TYPICAL ADULT WEIGHING **-150 LBS IS 3,400 MG PER DAY**⁷

LESS THAN
10%

Most people consume less than 10 percent of the ADI.⁷

To reach the ADI, a 150-lb adult would have to consume:

97 
packets of tabletop sweetener⁷

OR **42** 
4 oz cups of gelatin⁷

OR **20** 
12 oz carbonated soft drinks^{7,8}

THE SIMPLE SCIENCE BEHIND ASPARTAME

ASPARTAME ITSELF DOES NOT ENTER THE BLOOD STREAM. It is completely digested by the body into components that can be found in other foods.⁹



Made from common food components. The same ones that occur naturally in: meats, grains, dairy products and ripening fruits.^{7,9}



ASPARTAME DOES NOT CAUSE:

- Cancer⁸
- Increased appetite or food intake^{1,6,10}
- Tooth decay⁷
- Raised blood glucose levels⁴

ASPARTAME: ONE OF THE MOST STUDIED INGREDIENTS IN THE WORLD

1965 Discovered in 1965¹¹

200+ studies support its safety.^{12,13}

◀ 1975 · 1985 · 1995 · 2005 · 2010 · **SPANNING OVER 40 YEARS** · 2013 ▶

These organizations all recognize low- & no-calorie sweeteners can **SUPPORT** weight management when used as a substitute for caloric sweeteners and as part of a balanced diet.¹⁵

American Heart Association

American Diabetes Association

Academy of Nutrition and Dietetics

Approved by regulatory authorities **ACROSS THE WORLD**

FDA¹⁴

U.S. Food and Drug Administration

JECFA¹⁵

Joint Expert Committee on Food Additives

EFSA⁹

European Food Safety Authority

AFSSA¹⁶

French Agency for Food, Environmental and Occupational Health Safety

HEALTH CANADA¹⁷

FSANZ¹⁸

Food Standards Australia New Zealand

STUDIES SHOW IT'S SAFE FOR^{12,13*}



Children



People with diabetes



People trying to reduce calories



Pregnant women

**Aspartame is safe for use by nearly all populations. The only exception is people born with phenylketonuria (PKU) who cannot metabolize phenylalanine. But, this does not mean aspartame is unsafe for other consumers.*

ENJOYED BY MILLIONS AROUND THE WORLD

Used in

100+ COUNTRIES

around the globe⁷

OVER

200 MILLION

people around the world eat and drink products with aspartame.⁷

Learn more about aspartame at <http://beverageinstitute.org>

This information was compiled by The Coca-Cola Company Beverage Institute for Health & Wellness

The following references are the most recent positions and studies from the respective organization

¹ **Academy of Nutrition and Dietetics.** 2012. Position of the Academy of Nutrition and Dietetics: Use of Nutritive and Nonnutritive Sweeteners. *J. Acad. Nutr. Diet.* 112:739-758. <http://www.eatright.org/About/Content.aspx?id=8363>

² **Centers for Disease Control and Prevention.** 2013. Obesity and Overweight. <http://www.cdc.gov/nchs/fastats/overwt.htm>

³ **American Diabetes Association.** 2013. Artificial Sweeteners. <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/artificial-sweeteners>

⁴ **Johnston, C A, et al.** 2013. The Role of Low-calorie Sweeteners in Diabetes. *US Endocrinol.* 9(1). <http://www.touchendocrinology.com/articles/role-low-calorie-sweeteners-diabetes>

⁵ **Gardner, C, et al.** 2012. Nonnutritive Sweeteners: Current Use and Health Perspectives-A Scientific Statement from the American Heart Association and the American Diabetes Association. *Circulation.* 126. <http://circ.ahajournals.org/content/126/4/509> [The same scientific statement was also published in *Diabetes Care* 2012. 35:1798-1808.]

⁶ **Anderson, G H, et al.** 2012. The Use of Low-Calorie Sweeteners by Adults: Impact on Weight Management. *J. Nutr.* 142: 1163S-1169S

⁷ **Calorie Control Council.** 2013. Aspartame. <http://www.caloriecontrol.org/sweeteners-and-lite/sugar-substitutes/aspartame>

⁸ **American Cancer Society.** 2011. Aspartame. <http://www.cancer.org/cancer/cancercauses/othercarcinogens/athome/aspartame>

⁹ **European Food Safety Authority.** 2011. FAQ on Aspartame. <http://www.efsa.europa.eu/en/faqs/faqaspartame.htm>

¹⁰ **Mattes, R D & Popkin, B M.** 2009. Nonnutritive sweetener consumption in humans: effects on appetite and food intake and their putative mechanisms. *Am. J. Clin. Nutr.* 89:1-14. <http://www.ajcn.org/cgi/reprint/89/1/1>

¹¹ **Aspartame Information Service.** 2013. Discovery of Aspartame. <http://www.aspartame.info/benefits/discovery.asp>

¹² **Magnuson, B A, et al.** 2007. Aspartame: a safety evaluation based on current use levels, regulations, and toxicological and epidemiological studies. *Crit. Rev. Toxicol.* 37:629-727. <http://www.ncbi.nlm.nih.gov/pubmed/17828671>

¹³ **Butchko, H H, et al.** 2002. Aspartame: Review of Safety. *Reg. Toxicol. Pharmacol.* 35: S1-S93. <http://www.ncbi.nlm.nih.gov/pubmed/12180494>

¹⁴ **U.S. Food and Drug Administration.** 2013. CFR Code of Federal Regulations, Food Additives Permitted for Direct Addition to Food for Human Consumption: Aspartame. Title 21, Volume 3. <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfCFR/CFRSearch.cfm?fr=172.804>

¹⁵ **JECFA.** 1980. Aspartame; Evaluation of Certain Food Additives. Joint FAO/WHO Expert Committee on Food Additives. Technical Report Series 653. World Health Organization, Geneva

¹⁶ **European Food International Council.** 2013. Aspartame Q&A (EUFIC). <http://www.eufic.org/page/en/page/FAQ/faqid/question-answer-aspartame>

¹⁷ **Health Canada.** 2005. Aspartame. <http://www.hc-sc.gc.ca/fn-an/securit/addit/sweeten-edulcor/aspartame-eng.php>

¹⁸ **Food Standards Australia New Zealand.** 2013. Aspartame. <http://www.foodstandards.gov.au/consumer/additives/aspartame/Pages/default.aspx>