

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}











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

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

LESS THAN

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

tabletop sweetener⁷





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 intake1,6,10
- Tooth decay⁷
- Raised blood glucose levels4

ASPARTAME: ONE OF THE MOST STUDIED INGREDIENTS IN THE WORLD



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

975 · · · 198

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· 2005 ·

2010 · S

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.^{1,5}

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

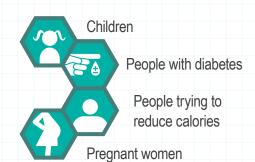
French Agency for Food, Environmental and Occupational Health Safety

HEALTH CANADA¹⁷

FSANZ¹⁸

Food Standards Australia New Zealand

STUDIES SHOW IT'S SAFE FOR 12,13*



*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





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

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