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Word on the Sweet: Low-Calorie Sweeteners

DID YOU KNOW?

Low-calorie sweeteners are proven to be safe and can help with calorie and blood glucose control.[1-4]

Like all food additives, low-calorie sweeteners undergo an extensive scientific review process by the U.S. Food and Drug Administration (FDA) to ensure they are safe for use in food and beverages. Additionally, hundreds of studies have shown the safety of low-calorie sweeteners in the U.S. and worldwide.[5]

Common Misperceptions about Low-Calorie Sweeteners

Will eating low-calorie sweeteners increase my appetite or cause me to gain weight?

NO

In fact, diet beverage drinkers have reported feeling significantly LESS hungry than water-only drinkers.[6] Several research studies have also shown that low-calorie sweeteners can help to reduce calorie intake over time.[7,8]

Will eating low-calorie sweeteners make me want more sweets?

NO

Research shows low-calorie sweeteners do not increase the desire to eat more sweet foods.[7] In fact, one study found diet beverage drinkers ate less desserts and overall calories from sugars compared to water-only drinkers.[6]

Do low-calorie sweeteners cause diabetes?

NO

Low-calorie sweeteners do not cause a rise in blood sugar, or insulin, and do not cause diabetes. In fact, many doctors advise their patients with diabetes to use low-calorie sweeteners to help reduce their sugar intake.[4,5,9,10]

Do low-calorie sweeteners cause cancer?

NO

Research shows that all approved low-calorie sweeteners are safe and do not cause cancer. This includes aspartame, which has been approved for use in the U.S. since 1981.[11,12]

Are low-calorie sweeteners safe for pregnant women and children?

YES

All approved low-calorie sweeteners have undergone extensive safety assessments to ensure they are safe to eat during pregnancy and childhood development.[13]

Are low-calorie sweeteners bad for my dental health?

NO

In fact, replacing sugar with low-calorie sweeteners such as xylitol and sorbitol has been associated with lower incidence of dental cavities.[14]

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