

# 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 calories<sup>1</sup>  
**WHEN 2 OUT OF 3 AMERICANS**  
are overweight or obese<sup>2</sup>



Is an option for diabetics to  
enjoy sweet tastes with  
**FEWER CARBOHYDRATES**<sup>3,4</sup>



Can help to support  
**WEIGHT MAINTENANCE**  
and **WEIGHT LOSS**<sup>1,5,6</sup>



**6,000+**

**PRODUCTS AROUND THE WORLD USE IT:** yogurts, chewing gum, puddings, desserts, drinks, vitamins and toothpastes<sup>7</sup>

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

LESS THAN  
**10%**

Most people consume  
less than 10 percent  
of the ADI.<sup>7</sup>

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

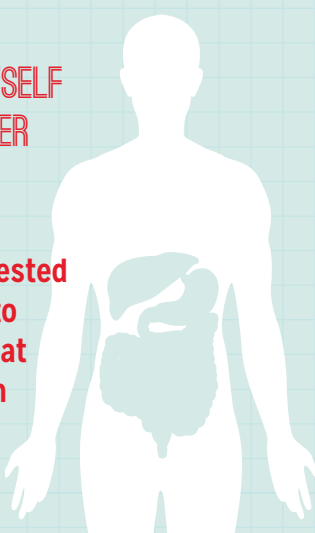
**97**  
packets of  
tabletop  
sweetener<sup>7</sup>

OR **42**  
4 oz cups of  
gelatin<sup>7</sup>

OR **20**  
12 oz  
carbonated  
soft drinks<sup>7,8</sup>

## 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.**<sup>9</sup>



**Made from common food components. The same ones that occur naturally in:** meats, grains, dairy products and ripening fruits.<sup>7,9</sup>



**ASPARTAME DOES NOT CAUSE:**

- Cancer<sup>8</sup>
- Increased appetite or food intake<sup>1,6, 10</sup>
- Tooth decay<sup>7</sup>
- Raised blood glucose levels<sup>4</sup>

## ASPARTAME: ONE OF THE MOST STUDIED INGREDIENTS IN THE WORLD

**1965**

Discovered in 1965<sup>11</sup>

**200+**

studies support  
its safety.<sup>12,13</sup>

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.<sup>1,5</sup>

**American Heart Association**

**American Diabetes Association**

**Academy of Nutrition and Dietetics**

Approved by regulatory authorities **ACROSS THE WORLD**

**FDA**<sup>14</sup>  
U.S. Food & Drug Administration

**JECFA**<sup>15</sup>  
Joint Expert Committee on Food Additives

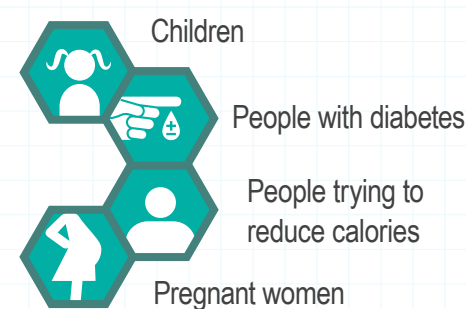
**EFSA**<sup>9</sup>  
European Food Safety Authority

**AFSSA**<sup>16</sup>  
French Agency for Food, Environmental & Occupational Health Safety

**HEALTH CANADA**<sup>17</sup>

**FSANZ**<sup>18</sup>  
Food Standards Australia New Zealand

**STUDIES SHOW IT'S SAFE FOR**<sup>12,13</sup>



*\*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 globe<sup>7</sup>

**200 MILLION**

people eat and drink  
products with aspartame.<sup>7</sup>

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

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

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

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

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

<sup>5</sup> **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.]

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

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

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

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

<sup>10</sup> **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>

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

<sup>12</sup> **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>

<sup>13</sup> **Butchko, H H, et al.** 2002. Aspartame: Review of Safety. Regulatory Toxicology and Pharmacology. 35: S1-S93. <http://www.ncbi.nlm.nih.gov/pubmed/12180494>

<sup>14</sup> **U.S. Food and Drug Administration.** 2007. FDA Statement on European Aspartame Study. <http://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm208580.htm>

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

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

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

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