

Sugar Substitutes and Your Health

By ACSH Staff — April 17, 2006



Foods and beverages containing sugar substitutes are widely

used in the United States and other countries; they offer attractive dietary options for people who are trying to limit calorie intake and/or reduce the risk of tooth decay.

Extensive scientific research supports the safety of the five low-calorie sugar substitutes currently approved for use in foods and beverages in the U.S. acesulfame-K, aspartame, neotame, saccharin, and sucralose.

This report by the American Council on Science and Health summarizes the scientific facts about the safety of sugar substitutes.

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