

ACSH issues fact-finding on Aspartame

By ACSH Staff — August 4, 2015

With Pepsi capitalizing on public confusion about the difference between a "good" and "bad" sweetener in order to gain some market share by selling competing versions of their diet soda, it's important that consumers have a trusted resource that can separate fact from fallacy. The American Council on Science and Health has once again stepped in to be a trusted guide. Is sugar for you? Do diet drinks cause obesity?

A new easy-to-understand [brochure](#) [1], accompanied by a video, is now available [on our Aspartame resource page](#) [2]. In them you will find an analysis of how anti-science groups have been able to promote fear and doubt while ignoring the likely real causes of obesity.

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Links

[1] <http://acsh.org/wp-content/uploads/2015/07/American-Council-on-Science-and-Health-aspartame-explainer.pdf>

[2] <http://acsh.org/aspartame/>