

## **Coca-Cola Health and Wellness Advisory Council**

### **Position Statement on the Non-Nutritive Sweeteners Aspartame and Acesulphame K**

#### **Summary of Findings**

##### **Purpose**

The Coca-Cola Company Advisory Council recently reviewed a wide body of research to provide an evidence based summary to the public (and health professionals where necessary) on the health effects and safety of aspartame and acesulphame K, the two most commonly used non-nutritive sweeteners in diet sparkling drinks.

##### **Findings**

The council found the following:

- Aspartame and acesulphame K can safely be consumed as general purpose, non-nutritive sweeteners by the general population.
- Foods and beverages containing non-nutritive sweeteners can be consumed in moderation as part of a healthy, balanced diet and lifestyle.
- Foods and beverages sweetened with aspartame and/or acesulphame K, along with other non-nutritive sweeteners, can be particularly useful in the diet of people with diabetes and those aiming to lose weight or maintain weight loss.
- Aspartame and acesulphame K are safe to use during pregnancy.
- Aspartame and acesulphame K can be used to replace added sugars in the diet in an effort to reduce the risk of tooth decay; however the impact on dental health will be determined by the overall composition of the food or beverage within which the sweetener is added.
- Those with phenylketonuria (PKU), a rare metabolic disease, should avoid products sweetened with aspartame.

For further information about the study and to download a copy of the full review, visit

[http://www.makeeverydropmatter.com.au/smarter\\_lowCal.html](http://www.makeeverydropmatter.com.au/smarter_lowCal.html)