

NUTRITION NEWS AND NOTES

Low-Calorie Sweeteners

(NAPSA)—According to the International Food Information Council (IFIC) Foundation's 2007 Food & Health Survey, 43 percent of Americans either somewhat or strongly agree that low-calorie sweeteners can play a role in helping individuals maintain or lose weight. Science backs up this belief.

According to a review of scientific studies in "Comprehensive Reviews in Food Science and



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Low-calorie sweeteners can be a safe, effective way to reduce calories.

Food Safety" (Institute of Food Technologists, 2006), low-calorie sweeteners can help with weight management.

The five approved low-calorie sweeteners in the U.S.—acesulfame potassium, aspartame, neotame, saccharin and sucralose—have undergone extensive safety evaluation and approval as food ingredients by the U.S. Food and Drug Administration (FDA).

Low-calorie sweeteners provide flexibility by offering sweet food and beverage choices for consumers concerned about calories, weight loss and obesity. For more information, visit www.ific.org/research/foodandhealthsurvey.cfm.