

ARTIFICIAL SWEETENERS: A SAFE ALTERNATIVE TO SUGAR

- Artificial sweeteners are compounds that are 100’s of times sweeter than table sugar without as many calories.
- Artificial sweeteners are regulated by the U.S. Food and Drug Administration (FDA).
- According to the National Cancer Institute (NCI) there is no clear evidence that artificial sweeteners are related to cancer risk.

The FDA has established an “acceptable daily intake” (ADI) for each sweetener. The ADI is the maximum amount considered safe to eat each day. See below.

Artificial sweetener	Acceptable Daily Intake	Estimated Acceptable Daily Intake	Ok for cooking?
Aspartame (NutraSweet, Equal)	50mg per kg of body weight	18-19 cans of diet coke	No
Saccharin (Sweet’NLow, SugarTwin)	5mg per kg of body weight	9-12 packets of sweetener	Yes
Acesulfame K (Sunett, Sweet One)	15mg per kg of body weight	30-32 cans of diet lemon-lime soda	Yes
Sucralose (Splenda)	5mg per kg of body weight	6 cans of diet coke	Yes
Neotame	18 mg per kg of body weight	unavailable	Yes

Note: Aspartame isn’t safe for people with the rare disease phylketonuria (PKU). Aspartame products must carry a PKU warning.

What sweeteners are found in which products?

PRODUCT	ARTIFICIAL SWEETENER USED
Good Source Drink Mix PC	Maltodextrin, Aspartame, Acesulfame K
Good Source Nutri-Cal PC	Maltodextrin, Aspartame, Acesulfame K
Good Source Drink Mix Bulk	Dextrose, Aspartame, Acesulfame K
Good Source Nutri-Cal Bulk	Maltodextrin, Aspartame, Acesulfame K
Good Source Source-C	Aspartame, Acesulfame K, Neotame
Good Source Source-Plus	Aspartame, Acesulfame K, Neotame
Dale drink-mix PC	Saccharin