

THE LOW-DOWN

ON

Aspartame

Aspartame and other no- and low-kJ sweeteners provide a sweet taste and can help people manage kilojoules. Yet, many have questions about sweeteners, especially aspartame and the foods and drinks that contain it. Here's a look at what the science says about this ingredient:

A SWEET ALTERNATIVE THAT'S A TOOL FOR WEIGHT MANAGEMENT

When substituted for kilojoule-containing sweeteners, it:



Is a good way to reduce kilojoules¹
WHEN 3/5 AUSTRALIANS
 are overweight or obese²



Is an option for people with
 diabetes to enjoy sweet tastes with
FEWER KILOJOULES¹



Can help to support
WEIGHT MAINTENANCE
 and **WEIGHT LOSS^{3,4,5}**



6,000+

PRODUCTS AROUND THE WORLD USE IT:
 drinks, chewing gum, gelatins, confectionery,
 desserts, yoghurts

THE ACCEPTABLE DAILY INTAKE (ADI) FOR ASPARTAME IN
 A TYPICAL ADULT WEIGHING **70KG IS 2800MG PER DAY⁶**

ADI is an estimate of the amount
 of a substance considered to be safe
 to consume every day for a lifetime
 without appreciable risk to health



To reach the ADI,
 a 70kg adult would
 have to consume:

19 cans of diet
 sparkling beverage
 (375mls)

OR

OVER
80
 standard 1g
 packets of tabletop
 sweetener

THE SIMPLE SCIENCE BEHIND ASPARTAME

Aspartame itself does not enter the blood stream. It is completely digested by the body into components that can be found in other foods.⁷



Made from common food components. The same ones that occur naturally in:
 meats, grains, dairy products and ripening fruits.^{7,8}



Aspartame does not cause:

- Cancer^{9,10}
- Increased appetite or food intake^{3,5,11}
- Tooth decay⁸
- Raised blood glucose levels^{1,12}



In 2013, the European Food Safety Authority (EFSA) reconfirmed that **aspartame is safe**, following the most comprehensive review of aspartame that has ever been undertaken⁷. EFSA had previously confirmed the safety of aspartame in 2006, 2009, and 2011.

ASPARTAME: ONE OF THE MOST STUDIED INGREDIENTS IN THE WORLD

1965

Discovered in 1965¹³

200+

studies support its safety.^{14,15}

1975 · 1985 · 1995 · 2005 · 2010 · **SPANNING OVER 40 YEARS** · 2014

These organisations all recognise Aspartame as a suitable alternative to kilojoule-containing sweeteners:

Australian Diabetes Council¹

Obesity Australia¹⁶

Academy of Nutrition and Dietetics¹⁷

Approved by regulatory authorities **ACROSS THE WORLD**

FSANZ¹⁸
Food Standards
Australia New Zealand

EFSA⁷
European Food
Safety Authority

HEALTH CANADA²⁰

JECFA⁶
FAO / WHO Expert
Committee on Food
Additives

FDA¹⁹
U.S. Food and Drug
Administration

STUDIES SHOW IT'S *Safe* FOR^{14,15*}



Children

People with diabetes

People trying to reduce kilojoule intake

Pregnant women

**Aspartame is safe for use by nearly all populations. The only exception is people born with phenylketonuria (PKU) who cannot metabolise phenylalanine. But, this does not mean aspartame is unsafe for other consumers.*

ENJOYED BY MILLIONS AROUND THE WORLD

Used in

100+ Countries
around the globe⁸

200 Million
people eat and drink
products with aspartame.⁸

Learn more about aspartame at <http://www.coca-colajourney.com.au/sweeteners>

This information was compiled by Coca-Cola South Pacific

The following references are the most recent positions and studies from the respective organisation

¹ **Australian Diabetes Council.** 2013. Food choices for people with diabetes <https://www.australiandiabetescouncil.com/ADCCorporateSite/files/2d/2db0482c-2ba4-49e6-abb6-a1850d297eeb.pdf> Accessed 12 August

² **2013 Australian Health Survey: Updated Results, 2011-12** <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/33C64022ABB5ECD5CA257B8200179437?opendocument> Accessed 12 August 2013

³ **Academy of Nutrition and Dietetics.** Position Paper: Use of Nutritive and Nonnutritive sweeteners. *J Acad Nutr Diet* 2012;112: 739-758

⁴ **Gardner, C, et al.** 2012. Nonnutritive Sweeteners: Current Use and Health Perspectives-A Scientific Statement from the American Heart Association and the American Diabetes Association. *Circulation*. 126. <http://circ.ahajournals.org/content/126/4/509> [The same scientific statement was also published in *Diabetes Care* 2012. 35:1798-1808.]

⁵ **Anderson, G H, et al.** 2012. The Use of Low-Calorie Sweeteners by Adults: Impact on Weight Management. *J. Nutr. J.* 142: 1163S-1169S

⁶ **JECFA.** 1980. Aspartame; Evaluation of Certain Food Additives. Joint FAO/WHO Expert Committee on Food Additives. Technical Report Series 653. World Health Organization, Geneva

⁷ **European Food Safety Authority.** 2013. FAQ on Aspartame. <http://www.efsa.europa.eu/en/faqs/faqaspartame.htm>

⁸ **Calorie Control Council.** 2013. Aspartame. <http://www.caloriecontrol.org/sweeteners-and-lite/sugar-substitutes/aspartame>

⁹ **Marinovich, M., et al.** 2013. Aspartame, low-calorie sweeteners and disease: Regulatory safety and epidemiological issues. *Food Chem. Toxicol.* <http://dx.doi.org/10.1016/j.fct.2013.07.040>

¹⁰ **American Cancer Society.** 2011. Aspartame. <http://www.cancer.org/cancer/cancercauses/othercarcinogens/athome/aspartame>

¹¹ **Mattes, R D & Popkin, B M.** 2009. Nonnutritive sweetener consumption in humans: effects on appetite and food intake and their putative mechanisms. *Am. J. Clin. Nutr.* 89:1-14 <http://www.ajcn.org/cgi/reprint/89/1/1>

¹² **Johnston, C A, et al.** 2013. The Role of Low-calorie Sweeteners in Diabetes. *US Endocrinology.* 9(1). <http://www.touchendocrinology.com/articles/role-low-calorie-sweeteners-diabetes>

¹³ **Aspartame Information Service.** 2013. Discovery of Aspartame. <http://www.aspartame.info/benefits/discovery.asp>

¹⁴ **Magnuson, B A, et al.** 2007. Aspartame: a safety evaluation based on current use levels, regulations, and toxicological and epidemiological studies. *Crit Rev Toxicol.* 37:629-727 <http://www.ncbi.nlm.nih.gov/pubmed/17828671>

¹⁵ **Butchko, H H, et al.** 2002. Aspartame: Review of Safety. *Regulatory Toxicology and Pharmacology.* 35: S1-S93. <http://www.ncbi.nlm.nih.gov/pubmed/12180494>

¹⁶ **Obesity Australia.** 2013. Drinks that make it worse. <http://www.obesityaustralia.org/general-public-fact-sheets/drinks-that-make-it-worse>. Accessed 12 August 2013

¹⁷ **Academy of Nutrition and Dietetics.** 2012. Position of the Academy of Nutrition and Dietetics: Use of Nutritive and Nonnutritive Sweeteners. *Journal of the Academy of Nutrition and Dietetics.* 112:739-758. <http://www.eatright.org/About/Content.aspx?id=8363>

¹⁸ **Food Standards Australia New Zealand.** 2013. Aspartame. <http://www.foodstandards.gov.au/consumer/additives/aspartame/Pages/default.aspx>

¹⁹ **U.S. Food and Drug Administration.** 2013. CFR Code of Federal Regulations, Food Additives Permitted for Direct Addition to Food for Human Consumption: Aspartame. Title 21, Volume 3. <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfCFR/CFRSearch.cfm?fr=172.804>

²⁰ **Health Canada.** 2005. Aspartame. <http://www.hc-sc.gc.ca/fn-an/securit/addit/sweeten-edulcor/aspartame-end.php>