



YOUR WEIGHT

A Look At Low-Calorie Sweeteners ®

(NAPSA)—Learning the skinny on low-calorie sweeteners could help keep good health on your plate. Here are some answers to frequently asked questions:

Q: What are low-calorie sweeteners?

A: Low-calorie sweeteners are ingredients added to food to provide sweetness without adding a significant amount of calories.

Q: Are low-calorie sweeteners safe?

A: Yes. For a low-calorie sweetener or any food ingredient to be on the market, it must be considered safe by the Food and Drug Administration (FDA). Low-calorie sweeteners are safe for anyone, including diabetics and individuals on a weight management program.

Q: Should anyone restrict their consumption of low-calorie sweeteners?

A: Yes. Aspartame contains phenylalanine, and people with a rare hereditary disease known as phenylketonuria (PKU) and some pregnant women with hyperphenylalanine must control their intake of phenylalanine.

Q: Can low-calorie sweeteners be an effective weight management tool?

A: Yes. Low-calorie sweeteners can play an important role in a weight management program that includes both exercise and a healthful diet. Studies show that when low-calorie sweetened foods and beverages are substituted for their conventional counterparts, people consume fewer calories. Low-calorie sweeteners can provide a choice for weight conscious individuals seeking great tasting foods without the calories.

Q: What products use low-calorie sweeteners?

A: Low-calorie sweeteners add sweetness similar to that provided by sugar. They are approved by the FDA for use in a variety of products, ranging from cereals and yogurt, to pudding, soft drinks and candy. Look for any of the five most common low-calorie sweeteners in the product's ingredient's list: acesulfame potassium, aspartame, neotame, saccharin and sucralose. They can be used at home in cooking, baking and as table-top sweeteners. For more information, visit www.ific.org.