

Healthy Living

Managing Your Weight

(NAPSA)—Reducing calorie intake and getting regular exercise can contribute to a healthy weight. One way to reduce your calorie intake is through the use of low-calorie sweeteners. According to the International Food Information Council (IFIC) Foundation's Food & Health Survey (2008), 44 percent of Americans believe that low-calorie sweeteners can play a role in weight loss or weight management.



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Research shows low-calorie sweeteners can contribute to weight loss.

However, only 37 percent believe that low-calorie sweeteners can reduce the calorie content of food. In fact, low-calorie sweeteners can help reduce the calorie content of foods and beverages. In addition, low-calorie sweeteners do not increase appetite or cravings, nor do they cause weight gain, as is sometimes believed.

According to scientific research, low-calorie sweeteners can actually contribute to weight loss and/or maintenance when replacing higher-calorie alternatives. In addition, low-calorie sweeteners can provide a higher rate of satisfaction with reduced calorie eating plans by allowing consumers to continue to enjoy the sweetness they crave. For more information about low-calorie sweeteners and weight management, visit www.ific.org.