Obesity and excess body weight have a direct impact on health and life expectancy, and are linked to an increase in serious health problems\(^1\) such as:

- Cardiovascular diseases (mainly heart disease and stroke), which are the leading cause of death
- Diabetes
- Some cancers such as breast and colon cancer
- Joint and muscle disorders (especially osteoarthritis)

In addition to direct health costs, obesity also takes a toll on society, as people may be less active and productive.

Overweight and obesity are defined as excessive fat accumulation that may impair health\(^2\).

Obesity is a growing public health challenge worldwide and affects people of every age, but increased obesity rates among the 18-24 year old demographic is particularly concerning. This trend indicates that for the first time, the younger generations risk being less healthy than their parents\(^2\).

In Europe over 50% of the adult population are overweight or obese\(^2\).

Over 20% are obese\(^2\).

Speak to your doctor or health practitioner for further information on overweight or obesity.

Visit our website www.sweeteners.org for further information on low calorie sweeteners.
Studies tip the scales in favour of low calorie sweeteners
Looking to manage your calories or to keep weight off? Multiple studies suggest that low calorie sweeteners (LCS) can be a helpful part of an overall weight management programme.

Randomised controlled trials (RCTs): People who consumed low calorie sweetened beverages everyday as part of a one-year behavioural weight loss and maintenance programme lost more weight than those who drank only water. Peters et al 2014 & 2016


Position papers: When used judiciously, LCS could facilitate reduction in added sugars’ intake, thereby resulting in decreased total energy intake and in weight loss/weight control. Position of the Academy of Nutrition and Dietetics (2012)

AHA - ADA Scientific Statement (2012)

Sizeable impact with small and simple daily changes in diet and lifestyle
Increased physical activity and small daily changes to the diet, such as only a 100 calorie reduction each day, can help prevent weight gain. Low calorie sweeteners give foods and beverages the pleasure of sweet taste with reduced calorie count. A combination of a change in the diet, such as choosing low-calorie foods and beverages, together with more exercise and an increased awareness of calorie content are essential in helping consumers manage their body weight.

Replacing sugar-sweetened foods and beverages with those sweetened with low calorie sweeteners can cut daily calorie intake by 10% and help with weight loss, without feeling deprived of, or increasing the craving for, sweet taste.

Foods like whole grains, fat-free dairy and lean meat or fish are good substitutes for everyday foods with higher calorie and fat content, whilst diet drinks and food sweetened with low calorie sweeteners add variety, good taste and the satisfaction of eating treats while limiting additional calories.

1. Substitute soft drinks with their low calorie sweetener ‘light’ counterparts. This will reduce your calorie intake by around 100 kcal per glass.

2. For your hot beverages (tea, coffee, chocolate) switch from sugar to table-top sweeteners (just 2 teaspoons of sugar provide 32 kcal x 3 beverages during a day = 96 kcal). Using low calorie sweeteners will reduce your calorie intake by approx. 100 kcal during the day.

3. Satisfy your appetite for something sweet with a jelly dessert made with low calorie sweeteners instead of a chocolate mousse (62g). This will reduce your calorie intake by approx. 100 kcal.

At least 30 minutes of regular, moderate-intensity activity, 5 days per week. More activity may be required for weight control. Remember, many factors affect obesity, and any effort to achieve and maintain a healthy weight should be taken within the framework of an overall healthy lifestyle.

References


10. Anton SD, et al. Effects of stevia, aspartame, and sucrose on food intake, satiety, and postprandial glucose and insulin levels. Appetite 2010; 55(1); 37–43


Speak to your doctor or health practitioner for further information on overweight or obesity. Visit our website www.sweeteners.org for further information on low calorie sweeteners.