



International
Sweeteners
Association

Sweet talk on obesity and overweight How can low calorie sweeteners help?

Overweight and obesity are defined as excessive fat accumulation that may impair health¹.

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 parents¹.

In Europe



OVER 50%

of the adult population are overweight or obese²



OVER 20%

are obese²



Obesity and excess body weight have a direct impact on health and life expectancy, and are linked to an increase in serious health problems¹ 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

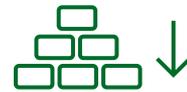


Joint and muscle disorders (especially osteoarthritis)

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

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*^{3,4}

Systematic reviews and meta analyses:

The balance of evidence indicates that the use of LCS in place of sugar, in children and adults, leads to reduced energy intake and body weight.

*Rogers et al (2016)*⁵ & *Miller-Perez (2014)*⁶

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)*⁷

*AHA - ADA Scientific Statement (2012)*⁸

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 gain⁹. Low calorie sweeteners give foods and beverages the pleasure of sweet taste with reduced calorie count¹⁰. 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^{11,12}.

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.

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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

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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.