

LOW/NO CALORIE SWEETENERS IN CALORIE AND SUGAR REDUCTION

LOW/NO CALORIE SWEETENERS ARE...



food ingredients such as acesulfame-K, aspartame, cyclamate, saccharin, sucralose or steviol glycosides



used in foods and beverages in place of sugar to provide sweet taste with fewer or zero calories



a helpful tool for sugar reduction and food reformulation

LOW/NO CALORIE SWEETENERS...

- PROVIDE A SIMPLE WAY TO REDUCE THE AMOUNT OF CALORIES AND SUGARS IN OUR DIET WHEN USED AS PART OF A HEALTHY DIET AND LIFESTYLE
- HELP PEOPLE MEET CURRENT PUBLIC HEALTH RECOMMENDATIONS TO REDUCE EXCESSIVE SUGAR CONSUMPTION WITHOUT AFFECTING THE ENJOYMENT OF SWEET-TASTING FOODS AND DRINKS

HOW CAN WE REDUCE OUR CALORIE INTAKE WITH THE HELP OF LOW/NO CALORIE SWEETENERS?

Smart swaps in practice:



By substituting a sugar-sweetened soft drink with its low calorie sweetened 'light/ diet/ zero' version, we can reduce our energy intake by around 100 calories per glass.



For our hot beverages (tea, coffee, chocolate), we can switch from sugar to a table-top sweetener. For every teaspoon of sugar we cut off, we can save 16-20 calories.



To satisfy our appetite for something sweet, we can try a jelly dessert made with low/no calorie sweeteners instead of sugar. This will reduce our energy intake by approx. 70 calories.



For our weekly dessert, we can choose one scoop of low/no calorie sweetened vanilla ice cream instead of the sugary version and save approx. 50 calories.

CAN LOW/NO CALORIE SWEETENERS HELP IN WEIGHT CONTROL?

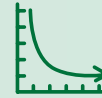
LOW/NO CALORIE SWEETENERS CAN ASSIST IN REDUCING TOTAL DAILY CALORIE (ENERGY) INTAKE, WHICH, IN TURN, CAN HELP US ACHIEVE MODERATE WEIGHT LOSS, WHEN USED AS PART OF A CALORIE-CONTROLLED DIET AND ACTIVE LIFESTYLE^{1,2,3}. HOWEVER, THEY ARE NO MAGIC BULLET AND CANNOT, ON THEIR OWN, MAKE US LOSE WEIGHT. SCIENTIFIC EXPERTS EXPLAIN THAT THE BENEFIT OF USING LOW/NO CALORIE SWEETENERS WILL DEPEND ON THE AMOUNT OF CALORIES AND SUGARS REPLACED IN THE DIET AS WELL AS THE OVERALL DIET QUALITY⁴.

WHAT DOES SCIENCE SHOW?

OVERALL, THE BALANCE OF EVIDENCE INDICATES THAT USE OF LOW/NO CALORIE SWEETENERS IN PLACE OF SUGAR, IN CHILDREN AND ADULTS, LEADS TO REDUCED ENERGY INTAKE AND BODY WEIGHT.²



DATA FROM RANDOMISED CONTROLLED TRIALS, WHICH PROVIDE THE HIGHEST QUALITY OF EVIDENCE FOR EXAMINING THE POTENTIALLY CAUSAL EFFECTS OF LOW/NO CALORIE SWEETENERS INTAKE, INDICATE THAT SUBSTITUTING LOW/NO CALORIE SWEETENED OPTIONS FOR THEIR REGULAR-CALORIE VERSIONS RESULTS IN WEIGHT LOSS AND MAY BE A USEFUL DIETARY TOOL TO IMPROVE COMPLIANCE WITH WEIGHT LOSS OR WEIGHT MAINTENANCE PLANS.³



LOW/NO CALORIE SWEETENERS CAN BE USEFUL IN DIETARY APPROACHES TO BOTH PREVENT AND MANAGE DIABETES AND OBESITY. BENEFIT WILL DEPEND ON HOW FOODS AND BEVERAGES CONTAINING LOW/NO CALORIE SWEETENERS ARE SUBSTITUTED, AS WELL AS ON THE OVERALL QUALITY OF THE DIET AND THE OVERALL ENERGY PROVISION.⁴



References:

1. Gibson S, Drewnowski J, Hill A, Raben B, Tuorila H, Windstrom E. Consensus statement on benefits of low calorie sweeteners. *Nutrition Bulletin* 2014; 39(4): 386-389
2. Rogers PJ, Hogenkamp PS, de Graaf C, et al. Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies. *Int J Obes (Lond)* 2016; 40: 381-94
3. Miller P, Perez V. Low-calorie sweeteners and body weight and composition: a meta-analysis of randomized controlled trials and prospective cohorts. *Am J Clin Nutr*. 2014 Sep; 100(3): 765-77
4. Ashwell M, Gibson S, Bellisle F. Expert consensus on low calorie sweeteners: facts, research gaps and suggested actions. *Nutr Res Rev*. 2020 Jan 13;1-10. doi: 10.1017/S0954422419000283

