



International  
Sweeteners  
Association

## FACTSHEET

# Healthy Eating and Low/no Calorie Sweeteners

Low/no calorie sweeteners can help reduce excess sugar and calorie intake, and additionally help weight control when used as part of a healthy diet and lifestyle that includes regular physical exercise. They can also contribute to a tooth-friendlier diet.

A growing number of studies show low/no calorie sweeteners can help improve the quality of the diet.<sup>1,2,3,4</sup> A common finding in these studies is that low/no calorie sweeteners consumption is linked to lower sugar intake. Overall, results of most studies suggest low/no calorie sweeteners users have a healthier diet and a healthier and more active lifestyle.

In one large study of more than 22,000 Americans<sup>5</sup>, low/no calorie sweeteners consumers ate a higher-quality diet including more fruit and vegetables with lower intake of saturated fats and added sugars; all of which are internationally recommended in healthy eating guidelines. Consumption of low/no calorie sweeteners in this study also correlated with healthier lifestyle habits, such as increased physical activity and lower likelihood of smoking.

### Making healthy eating more enjoyable

To maintain a healthy diet and weight it is important to enjoy the food and drink being consumed. Because achieving healthy eating often requires a reduction in sugars and sugary food consumption, the result can be less diet satisfaction.

Studies have shown that low/no calorie sweeteners can enable a more enjoyable and varied diet containing fewer calories which enables people who have lost weight to maintain their healthier weight in the long-term.<sup>6</sup> This is not only because low/no calorie sweeteners help satisfy the natural desire for sweet foods, but also because consumers of low calorie sweetened products can control food cravings more efficiently so that they can adhere to a healthier and more enjoyable varied diet containing fewer calories.<sup>7</sup>

### The Eatwell Guide

The latest UK dietary guidelines launched by Public Health England state that by replacing sugary foods and drinks with low calorie sweetened options, people can reduce sugar intake while still enjoying a desired sweet taste in their diet.<sup>8</sup> As such, low/no calorie sweeteners can help people not to exceed the recommended level for free sugars of 5-10% of total energy intake<sup>8</sup>, as established by the World Health Organization (WHO)<sup>9</sup>.



### References

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