LOW/NO CALORIE SWEETENERS: SAFETY & REGULATION

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 ARE AMONGST THE MOST THOROUGHLY RESEARCHED INGREDIENTS WORLDWIDE AND THE MOST PROMINENT FOOD SAFETY BODIES AROUND THE WORLD HAVE CONSISTENTLY CONFIRMED THEIR SAFETY.¹²³

US FOOD AND DRUG ADMINISTRATION (FD,

JOINT FAO/WHO EXPERT COMMITTEE ON FOOD ADDITIVES (JECFA)



UROPEAN FOOD SAFETY AUTHORITY (EFSA)



HOW IS SAFETY EVALUATED?

As with all food additives, for a low/no calorie sweetener to be approved for use on the market, it must first undergo a safety assessment by the competent food safety authority. To determine their safety, independent experts thoroughly review and assess collective research and data on the chemistry, kinetics and metabolism of the substance, the proposed uses and exposure assessment, as well as toxicological studies. Only when there is strong evidence of no safety concern a food additive is permitted for use in foods and beverages.



WHAT IS THE ACCEPTABLE DAILY INTAKE (ADI)?

IN THE APPROVAL PROCESS OF FOOD ADDITIVES, FOOD SAFETY AGENCIES ESTABLISH AN **ACCEPTABLE DAILY INTAKE (ADI)**. THIS REPRESENTS THE AMOUNT OF A LOW/NO CALORIE SWEETENER THAT CAN BE SAFELY CONSUMED EVERY DAY THROUGHOUT A PERSON'S LIFETIME WITHOUT HEALTH RISK.⁴

THE ADI IS CALCULATED TO LEAVE A MARGIN OF SAFETY. IT ALSO TAKES INTO ACCOUNT SENSITIVE SUB-POPULATIONS, INCLUDING E.G. CHILDREN OR ELDERLY. THEREFORE, IT CAN BE SAFELY USED BY REGULATORS AS A REFERENCE **FOR ALL POPULATION GROUPS**.⁵

RESEARCH FROM AROUND THE WORLD CONFIRMS THAT THE INTAKE OF APPROVED LOW/NO CALORIE SWEETENERS IS **Well Below the respective adt levels** for all individual Sweeteners, and for all population groups.⁶

References:

- 1. http://www.fao.org/food/food-safety-quality/scientific-advice/jecfa/en/
- 2. http://www.efsa.europa.eu/en/topics/topic/sweeteners
- 3. https://www.fda.gov/food/food-additives-petitions/aspartame-and-other-sweeteners-food
- 4. https://www.efsa.europa.eu/en/glossary/adi
- 5. More information about ADI: https://www.efsa.europa.eu/en/topics/topic/food-additives

6. Numerous studies from Europe, North and South America, Asia and Middle East, and updated safety evaluations from regulatory food safety authorities confirm that global levels of exposure are within the ADI limits for all approved low/no calorie sweeteners. More information available at the ISA booklet: https://www.sweeteners.org/wp-content/uploads/2024/06/2024_isa_booklet_dynamic_a4-en_chapter2.pdf



International Sweeteners Association

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