Top Ten Things To Know
Non-Nutritive Sweeteners (NNS)

1. The focus of the statement is on the 6 non-nutritive sweeteners: stevia, aspartame, acesulfame-K, neotame, saccharin, and sucralose.

2. Consumption of non-nutritive sweeteners in the U.S. has increased from three percent in 1965 to 15% in 2003; this shift is unaccompanied by a decrease in consumption of products with added sugars.

3. Both the American Diabetes Association and American Heart Association agree that high intake of dietary sugars in the US diet has contributed to obesity, cardiovascular disease and diabetes.

4. Since AHA recommends that most American women eat no more than 100 calories per day and men no more than 150 calories per day of added sugars, non-nutritive sweeteners may be an option to help Americans reduce added sugars intake.

5. Over the past 30 years, total calorie intake has increased by an average of 150 to 300 calories per day, and approximately 50% of this increase comes from liquid calories (primarily sugar-sweetened beverages).

6. Data suggest that non-nutritive sweeteners may be used in a structured diet to replace sources of added sugars and that this substitution may result in modest energy intake reductions and weight loss.

7. Food and beverage products containing non-nutritive sweeteners may help people attain or maintain a healthy body weight when used in place of full-calorie products, if not compensated for otherwise; that is, the choice to have an item with non-nutritive sweeteners should not be in anticipation of consuming a higher calorie snack, meal or beverage to make up for the caloric savings.

8. Research has not proven whether using non-nutritive sweeteners to displace caloric sweeteners, such as added sugars, reduces carbohydrate intakes, which is important for diabetes control, or benefits appetite, reduces calorie intake, body weight or lowers other risk factors associated with diabetes and heart diseases.

9. Much of the existing research focuses on diet soft drinks as a replacement for regular sodas; further research should focus on foods in addition to beverages.

10. The authors recommend that more research is needed from well-designed human trials exploring the potential role of NNS in achieving and maintaining a healthy body weight and minimizing cardiometabolic risk factors.