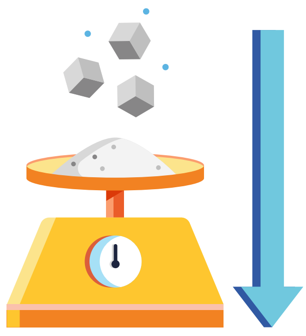
Low-calorie Sweeteners:

PEPSICO
Health & Nutrition Sciences

Low-calorie sweeteners (LCS) are ingredients used in small amounts in food and beverages to provide a sweet taste with few or no calories.

The replacement of sugars with low-calorie sweeteners provides an approach to reduce sugar consumption and overall energy intake in the context of a balanced diet.[1-6]



FOR MORE INFORMATION WATCH:
PepsiCo: Sweet Taste & Sweeteners
https://vimeo.com/816943163/2ce9543c6c

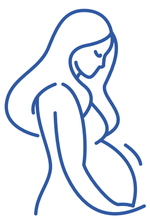
LCS are key ingredients that **PepsiCo** uses as part of its sugar reduction goals.
LCS share a lot in common, but they differ in terms of **taste profile, sweetness intensity, stability, metabolism and technical properties.**
Common LCS include:

- ASPARTAME
- ACESULFAME-K
- STEVIOL GLYCOSIDES (STEVIA)
- SUCRALOSE

LCS ARE SAFE TO CONSUME![7]

LCS have been confirmed as safe by the major international regulatory authorities including the European Food Safety Authority (EFSA), US Food and Drug Administration (FDA) and globally by the Joint FAO/WHO Expert Committee on Food Additives (JECFA).

STUDIES SHOW: There is no convincing evidence of adverse effects of aspartame on humans.[8]



SAFE FOR PREGNANCY

SAFE FOR CHILDREN

Only a very small number of people should not consume aspartame, including people with a genetic disorder called Phenylketonuria (PKU)[9] who are unable to break down the amino acid phenylalanine, which is found in aspartame and high-protein food.

HOW MIGHT LCS INTERACT WITH GUT MICROBIOTA?

Some LCS (like aspartame, saccharin, acesulfame-K) are absorbed in the small intestine before reaching the colon, where the microbiota reside so it is unlikely that they influence the gut microbiota significantly.[10-15] Other LCS are unabsorbed in the small intestine, and may interact with the gut microbiota.[16-20] Most studies investigating effects have been conducted in animals[21], and a definitive link between LCS and adverse effects on the gut microbiota has not been established.[22,23] More human clinical research is needed to understand the relationship between LCS and the gut microbiota.

LCS - ASSUMPTION VS FACT

Assumption: Consuming LCS increases my appetite or causes weight gain	**Fact:** Diet beverage drinkers report feeling significantly less hungry than water-only drinkers.[24] Research has shown LCS can help to reduce calorie intake over time.[1,4,25]
Assumption: Consuming sweet products or LCS makes me crave sweets	**Fact:** Research shows LCS do not increase sweet cravings.[4] A study where people were given diet beverages or water found the former reduced their overall calories from sugars more than the water-only drinkers.[24]
Assumption: LCS cause diabetes or glucose intolerance	**Fact:** LCS have no or little effect on blood glucose or insulin and do not cause diabetes. Many doctors advise their patients with diabetes to use LCS to reduce sugar intake.[26-30]
Assumption: LCS increase cancer risk	**Fact:** Experts agree there is no definitive evidence of a link between LCS and cancer. Research shows that all approved LCS are safe.[7,17,31]
Assumption: LCS are not safe for pregnant women and children	**Fact:** All approved LCS have undergone extensive safety assessments to ensure that they are safe to consume during pregnancy and childhood development.[32]

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Infographic References

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