Aspartame and other no- and low-calorie sweeteners provide a sweet taste and can help people manage calories. Yet, many have questions about sweeteners, especially aspartame and the foods and drinks that contain it. Here's a look at what the science says about this ingredient:

### A Sweet Alternative That’s a Tool for Weight Management

When substituted for caloric sweeteners, it:

- Is a good way to reduce calories when 2 out of 3 Americans are overweight or obese.
- Is an option for diabetics to enjoy sweet tastes with fewer carbohydrates.
- Can help to support weight maintenance and weight loss.

### The Acceptable Daily Intake (ADI) for Aspartame in a Typical Adult Weighing ~150 LBS Is 3,400 MG Per Day

To reach the ADI, a 150-lb adult would have to consume:

- 97 packets of tabletop sweetener
- 42 4 oz cups of gelatin
- OR 20 12 oz carbonated soft drinks

### The Simple Science Behind Aspartame

Aspartame itself does not enter the blood stream. It is completely digested by the body into components that can be found in other foods.

Made from common food components. The same ones that occur naturally in: meats, grains, dairy products and ripening fruits.

Aspartame does not cause:

- Cancer
- Increased appetite or food intake
- Tooth decay
- Raised blood glucose levels
Aspartame: One of the Most Studied Ingredients in the World

Discovered in 1965

Studied over 40 years

Approved by regulatory authorities across the world:

- FDA
- JECFA
- EFSA
- AFSSA
- FSANZ

These organizations all recognize low- & no-calorie sweeteners can support weight management when used as a substitute for caloric sweeteners and as part of a balanced diet.

Enjoyed by millions around the world:

- Used in over 100+ countries around the globe
- Over 200 million people around the world eat and drink products with aspartame

Learn more about aspartame at http://beverageinstitute.org

This information was compiled by The Coca-Cola Company Beverage Institute for Health & Wellness

The following references are the most recent positions and studies from the respective organization:


Aspartame is safe for use by nearly all populations. The only exception is people born with phenylketonuria (PKU) who cannot metabolize phenylalanine. But, this does not mean aspartame is unsafe for other consumers.