

Aspartame Docket # 02P-0317

Can people with diabetes consume aspartame?

Yes. The American Diabetes Association states that aspartame is a safe and useful sweetener for people with diabetes. Aspartame makes food taste sweet and does not contribute calories or raise blood sugar levels. About 90 percent of people with diabetes use aspartame-sweetened products. Foods and beverages sweetened with aspartame offer people with diabetes a wider variety of products from which to choose and greater flexibility in budgeting their total carbohydrate intake. Thus, it can help them follow nutrition recommendations and still enjoy good-tasting foods.

The American Diabetes Association notes:

“Low calorie sweeteners are safe for everyone except people with phenylketonuria, who should not use aspartame. Calorie-free sweeteners like aspartame, saccharin, sucralose and acesulfame-K won't increase your blood glucose level.”

The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. Founded in 1940, the American Diabetes Association conducts programs in all 50 states and the District of Columbia, reaching hundreds of communities.

For more information about the American Diabetes Association and its assessment of the safety of aspartame please visit <http://www.diabetes.org/nutrition-and-recipes/nutrition/faqs.jsp#Sweetener>.

For your convenience and reference this information has been attached in PDF form.

Respectfully submitted,

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