

Aspartame Docket #02P-0317

Is aspartame safe for children?

Yes. The Nemours Foundation states that aspartame is safe for the general population, including children and specifically notes:

“According to the American Dietetic Association, children can safely consume aspartame as part of a diet consistent with the Food Guide Pyramid. Although the ADA estimates that the daily intake of aspartame in children ages 2 to 5 years old is 8 to 17 mg/kg body weight, that's below the acceptable daily intake of 50 mg/kg body weight. Organizations like the American Diabetes Association also approve the use of aspartame for people with diabetes because artificial sweeteners do not raise blood sugar levels.”

The Nemours Foundation is “dedicated to improving the health and spirit of children and supports the operation of a number of renowned children's health facilities throughout the nation, including the Alfred I. duPont Hospital for Children in Wilmington, Delaware, and the Nemours Children's Clinics throughout Florida.”

For more information on the Nemours Foundation and its assessment of the safety of aspartame, please visit: <http://www.kidshealth.org/parent/growth/feeding/aspartame.html>.

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

Respectfully submitted,

Lyn O'Brien Nabors
President
Calorie Control Council
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