

The Safety of Aspartame

Aspartame expands consumer selection of great tasting beverages and provides consumers with healthier choices.

ASPARTAME IS IN OVER 6,000 FOOD AND BEVERAGE PRODUCTS ON THE MARKET TODAY

Aspartame is found in many of the low- and no-sugar food & beverage products today including low-sugar juices, soft drinks, flavored waters, low-fat flavored milk, nutrition bars, sugar-free puddings, gelatin, ice cream, popsicles and common medicines.

- 60% of beverages sold today are low- or no-sugar thanks, in part, to aspartame.
- This trend is only expected to grow in the years to come as more and more consumers want the same great taste in their beverages but without the sugar.
- Aspartame is a critical tool for sugar reduction. Consumers can enjoy a wide variety of food and beverages while still reducing their sugar consumption, a key public health initiative.

ASPARTAME HAS BEEN PROVEN SAFE FOR DECADES

Aspartame is one of the most studied ingredients in the world, and it has been evaluated and found safe for human consumption numerous times.

- There are over 40 years of publicly available science and research from 200 scientists and 100 studies that have affirmed the safety of aspartame.
- For over four decades, the FDA has confirmed with six separate reviews that aspartame is safe for human consumption, most recently in 2018.
- Food safety agencies from over 90 countries, including the FDA, European Food and Safety Authority, Health Canada, UK Food Standards, and Food Standards Australia and New Zealand say aspartame is safe for humans.
- Groups like the American Cancer Society have reviewed independent research and found no consistent relationship between aspartame and cancer risk: "there is no clear evidence that these sweeteners, at the levels typically consumed in human diets, cause cancer."

CONFLICTING REPORTS MAY CAUSE CONFUSION AMONG CONSUMERS

Consumer confidence in aspartame could be threatened. Right now, two international agencies are reviewing the safety of aspartame and their conclusions – which will likely be contradictory – could cause confusion.

- The agencies are the WHO Joint Expert Committee on Food Additives (JECFA), which is the leading global expert on the safety of food additives, and the International Agency for Research on Cancer (IARC) which studies substances for potential carcinogenic hazards. IARC is not a food safety agency and does not speak for the WHO.
- The IARC conclusions will not be an accurate representation of the safety of aspartame since they will not review what impact there is to human health and they will base their findings on unreliable scientific studies.
- IARC's report has the potential to change consumer behavior and reduce consumption of low- and no-sugar products.

THE BEVERAGE INDUSTRY IS EDUCATING THE PUBLIC ON THE SCIENCE OF THE SAFETY OF ASPARTAME

The safety of our products and consumers trust in them remains our highest priority.

- The American Beverage Association is spearheading an effort to educate the public about the proven safety of aspartame: an educational website and related materials and the mobilization of expert voices in health and wellness.
- The FDA remains confident in the safety of aspartame and will utilize the expert recommendations of WHO/JECFA when evaluating any further safety of the ingredient.
- Together we can educate consumers about the safety of low- and no- calorie food and beverage products, ensuring confidence in the proven safety of aspartame.