

## 2015 report on the safety of artificial sweeteners from the French Agency for Food, Environment and Occupational Health and Safety (published on MEDSCAPE <http://www.medscape.com/viewarticle/839455>)

For extra reading, see article from About.com here:

<http://diabetes.about.com/od/nutrition/fl/Should-You-Use-Sugar-Substitutes-aka-Low-Calorie-Sweeteners.htm>

The French Agency for Food, Environmental and Occupational Health & Safety (Agence Nationale de Sécurité Sanitaire [ANSES]) convened a working group to evaluate the benefits and nutritional risks of artificial sweeteners. The findings were published in January 2015:

- There is no evidence to date that artificial sweetener consumption causes eventual habituation to sweet tastes and an increased appetite for sugary products.
- There does not appear to be any risk for weight gain but also no benefit for weight loss.
- The vast majority of studies show no effects of artificial sweeteners on insulin or on blood glucose levels and observational studies have not found a link with an increase risk for diabetes. The potential diabetogenic effects of artificial sweeteners through changes to gut bacteria have not been tested in humans, so conclusions are lacking.
- Data are insufficient to confirm a risk for premature birth or any health risk to the mother or child.
- There is no evidence to link consumption of sweeteners and cancer risk. One study in mice suggests a link between consumption of large quantities of artificially sweetened drinks and the occurrence of lymphoma, but this does not provide evidence of the carcinogenic risk of sweeteners. More research needed. Also aspartame is safe if ingestion remains below 40 mg/kg per day (40 mg/kg is the equivalent of drinking at least 12 cans of diet soda per day every day of the week)

The ANSES study offers reassurance regarding the risks of using high-intensity sweeteners but also highlights the lack of demonstrated benefit from consuming them.

Agence Nationale de Sécurité Sanitaire. Évaluations des bénéfices et risques nutritionnels des édulcorants intenses. January 2015. <https://www.anses.fr/sites/default/files/documents/NUT2011sa0161Ra.pdf> Accessed February 2, 2015.