



**KAMARAJ IAS ACADEMY**  
Only IAS Academy by Grandson of "Perunthalaivar Kamarajar"

# Artificial Sweeteners

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## Why is in news? Guidelines for Usage of Artificial Sweeteners

Indian Council of Medical Research (ICMR) has informed that assessment of the **health impacts of the non-sugar sweetener aspartame** conducted by International Agency for Research on Cancer (IARC) as well as World Health Organization - Food and Agriculture Organization (WHO-FAO) Joint Expert Committee on Food Additives (JECFA) cite "limited evidence" for carcinogenicity in humans.

However, IARC has classified aspartame as "**possibly carcinogenic? to humans** (IARC Group 2B) and JECFA accordingly has reaffirmed that the acceptable daily intake should be 40 mg/kg body weight.

Food Safety and Standards Authority of India (FSSAI) has already laid down the standards for various artificial sweeteners in the **Food Safety and Standards (Food Products Standards and Food Additives) Regulation, 2011**.

These standards for non-caloric sweeteners and limits for use of such non-caloric sweeteners in various food products have been laid down on the basis of risk assessment and Acceptable Daily Intake (ADI) established by Joint FAO/WHO Expert Committee on Food Additives (JECFA) and the limits are in harmonization with Codex Alimentarius Commission.

## About:

Artificial sweeteners are **sugar substitutes** that are used as alternatives to natural sugars.

These sweeteners are **chemically synthesized and provide a sweet taste** without the high calorie content of regular sugar.

They are commonly used in various food and beverage products, including diet sodas, sugar-free desserts, and low-calorie snacks.

Some examples of artificial sweeteners are **saccharin, aspartame, acesulfame potassium (Ace-K), sucralose, neotame, and advantame**.

## Benefits:

Artificial sweeteners offer benefits for weight management, diabetes control, tooth decay prevention, and provide safe options for individuals with phenylketonuria (PKU), a genetic disorder, due to their low or zero-calorie content, minimal impact on blood sugar levels, non-fermentable nature, and absence of phenylalanine.

## Advantages of Artificial Sweeteners:

Sugar is a common sweetener and plays an essential role in **tooth decay and cavities**. Substituting less sugar with the artificial sweeteners, one **may be able to reduce these effects on your teeth**.

**Kamaraj IAS Academy**

Plot A P.127, AF block, 6 th street, 11th Main Rd, Shanthy Colony, Anna Nagar, Chennai, Tamil Nadu 600040

Phone: **044 4353 9988 / 98403 94477 / Whatsapp : 09710729833**

**Loss or maintenance of weight** is the key reason why people start using artificial sweeteners. The Mayo Clinic says that every one gram of sugar contains four calories. So by replacing the regular sugar with a calorie-free sweetener, we can reduce the number of calories that we have each day.

For **people with diabetes**, eating too much (if any) sugar is a real concern. **Artificial sweeteners are a safe choice** because they do not raise blood sugar levels. However, it is important to consult your doctor about sugar alternatives.