

# Calorie Counter

## **New Study Shows Aspartame Helps to Reduce Calorie Intake**

In a rigorous evaluation of the scientific studies that have been published on aspartame and weight control, a group of British researchers has concluded that replacing a 330 ml serving of regular soft drink each day will, over the course of a year, result in weight loss of 11 pounds.

This latest evaluation of aspartame and how it helps to control weight appeared in *Nutrition Bulletin*, published by the British Nutrition Foundation. The authors of the paper, Margaret Ashwell, Anne de la Hunty and Sigi Gibson, pooled the results of 16 randomized controlled trials with human volunteers. They found that replacing sugar sweetened beverages with aspartame sweetened beverages led to significant reductions in calorie intake and weight. There was also a close correlation between the number of calories saved and the weight loss achieved.

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