

More evidence that aspartame helps to control weight

According to a scientific paper by leading researchers published in the authoritative medical journal, *The Lancet*, a high sugar diet is likely to be higher in fat.

In their research, Dr KW Heaton and Mr PM Emmett, of Bristol Royal Infirmary, effectively refute a smaller study by Professor Don Naismith of King's College London which suggested that the substitution of sugar by sweeteners increases consumption of fat. The research published in *The Lancet*, which studied the eating habits of 739 men and 976 women between 1987 and 1989, found that it is "unlikely that when people are advised to reduce sugar they will increase the amount of fat eaten. Indeed, the contrary may be true: extrinsic sugars may act as a vehicle for fat intake".

The study by Heaton and Emmett is the latest paper to support the important role sweeteners can play in a healthy diet. For example, a study of 163 women published in *Obesity in Europe*, 1993 by G Blackburn on the long-term effect of aspartame on body weight of obese women showed that consuming more aspartame was associated with a greater weight loss and better long-term body weight.

More recently, two American-French studies headed by Professor Adam Drewnowski, Michigan University, published during 1994 in the *American Journal of Clinical Nutrition*, and the *International Journal of Obesity* respectively, showed that aspartame did not promote hunger or lead to increased energy intakes in normal-weight people or obese and lean women.

These studies are just the more recent in a long list of scientific research which has been conducted over the last twenty years and which shows that aspartame is effective in weight control. By choosing low calorie soft drinks consumers can save between 100 and 150 Calories per can.

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