

Study highlights the benefits of low-calorie sweeteners

A study published in the January 2009 edition of The American Journal of Clinical Nutrition, titled "Increasing Consumption of Sugar-Sweetened Beverages Among U.S. Adults: 1988-1994 to 1999-2004," points out that soft drinks sweetened with low-calorie sweeteners can be an important tool in helping to reduce calorie consumption.

The study found that consumption of regular beverages had increased over the past decade and is highest amongst those at greatest risk of obesity and type 2 diabetes.

Click [here](#) to visit the web site of The American Journal of Clinical Nutrition.

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