

FAQs

The AminoSweet® Information Service provides the answers to frequently asked questions about how the sweetener can be a healthy part of your diet.

What is AminoSweet?

AminoSweet is a low calorie sweetening ingredient that tastes just like sugar. It is made from two building blocks of protein just like those found naturally in many everyday foods such as meat, fish, cheese, eggs and milk. AminoSweet is digested by the body in exactly the same way as these other protein foods and so does not bring anything new to the diet.

What does AminoSweet taste like?

AminoSweet tastes like sugar and has no bitter aftertaste. This means that foods containing AminoSweet enable us to enjoy the same sweet taste as sugar, but as part of a healthier diet.

What kind of products contain AminoSweet?

AminoSweet can be found in a wide variety of food products including:

Beverages:	Carbonated and non-carbonated soft drinks, fruit drinks, squashes, iced teas and coffees and hot chocolate drinks.
Dairy products:	Yoghurts, dairy desserts and fromage frais.
Confectionery:	Chewing gum, sweets, chocolate, breath mints.
Table-top sweeteners:	Tablets and spoon-for-spoon powders.
Frozen desserts:	Ice cream and frozen snacks.
Powdered products:	Powdered soft drinks, milkshake mixes, and multivitamin drinks.
Cereals:	Cereal mixes, mueslis.
Preserves:	Fruit preserves, canned fruits.
Pharmaceuticals:	Effervescent tablets, chewable tablets and sachets.

What is the E-number for AminoSweet?

The E-number for AminoSweet is E-951 (aspartame). The 'E' before the number indicates that an ingredient has been approved for use within the European Union and the number itself denotes the specific ingredient. An E-number is confirmation that a food ingredient is safe. Rigorous tests must be carried out before an ingredient is granted an E-number and, following their acceptance, ingredients can be reviewed at any time.

What is the Acceptable Daily Intake (ADI) for AminoSweet?

The average daily intake that is acceptable for aspartame has been set at 40mg per kg of bodyweight. To consume the ADI of aspartame, an average person of 70kg would have to drink just over 5 litres of a drink sweetened only with aspartame every day.