



Aspartame Resource Center www.aboutaspartame.com

News and information on aspartame for health care professionals and consumers.



International Food Information Council (IFIC) www.ific.org

The International Food Information Council (IFIC) provides information on food and nutrition. The IFIC Foundation has produced a booklet entitled "Everything you need to know about aspartame".



European Food Information Council (EUFIC) www.eufic.org

Provides you with information on food safety and helps you choose a well balanced, healthy diet.



Asian Food Information Council (AFIC) www.afic.org

Provides science based information on nutrition, health and food safety for the Asian region.



Q&A on Aspartame:

1. **What is aspartame?**
2. **How much aspartame do people consume?**
3. **What happens to aspartame once it is ingested?**
4. **Can aspartame affect human health?**
5. **Conclusion**
6. **Other views**

Provided by **GreenFacts**



Aspartame Information Center www.aspartame.org

News, benefits, products, facts, myths, expert opinion and FAQs about aspartame.



Diabetes UK www.diabetes.org.uk

Diabetes UK is the leading charity working for people with diabetes. It funds research helps people to live with diabetes.



Diabetes Insight www.diabetes-insight.info

Diabetes Insight offers information for people with diabetes to help them to manage their diabetes and lead an active life.



My Diabetes My Way www.mydiabetesmyway.scot.nhs.uk

Leaflets, videos, educational tools and games on diabetes from NHS Scotland.



eDiets UK www.edietsuk.co.uk

Online diets and fitness tips and motivation.



WeightWatchers www.weightwatchers.co.uk

Online weightloss resource with diet and fitness advice, success stories, message board and shop.



Slimming-World www.slimming-world.co.uk

Inspirational success stories, delicious recipes, fabulous food and features and much more.



BRITISH
Nutrition
FOUNDATION

British Nutrition Foundation www.nutrition.org.uk

The Foundation is a charitable organisation which promotes the nutritional wellbeing of society and provides information and advice on nutritional issues.



British Dental Health Foundation www.dentalhealth.org.uk

Independent charity providing advice on oral health.



BUPA www.bupa.co.uk

The health insurance company offers a range of information and advice on health issues.



Tooth Friendly www.toothfriendly.com

Information and advice on keeping your teeth healthy.



Pepsi www.pepsi.co.uk

Pepsi products and latest promotions.



Wrigley www.wrigley.co.uk
The Wrigley company and its products.



Canderel www.canderel.uk.com
Canderel products, recipes and tips for diet and health



Irn-Bru www.irn-bru.co.uk
Irn-Bru products and latest promotions.



Ribena www.ribena.co.uk
Ribena products and promotional activities.



Britvic www.britvic.com
Britvic products.



Coca-Cola www.letsgettogether.co.uk
Questions and answers on topics relating to Coca-Cola's range of products:



Müller Light www.muller.co.uk
Frequently asked questions on Müller products.



Run London www.runlondon.com
Take part in a year long running event.



London Marathon www.london-marathon.co.uk
Information for runners of the marathon and some useful general advice on training and nutrition.



UK Sport www.uk sport.gov.uk



Sport England www.sportengland.org



The Sports Council for Wales www.sports-council-wales.co.uk



Sport Scotland www.sportscotland.org.uk/



Sports Council Northern Ireland www.sportni.net