

## Nutrition Fact Check: Low- and No-Calorie Sweeteners

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Here's what you need to know about low- and no-calorie sweeteners.

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Low- and no-calorie sweeteners are ingredients that provide a sweet taste with little to no calorie contribution.

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Low- and no-calorie sweeteners are found in a variety of packaged foods, beverages and non-food products including sugar-free or low-calorie drinks, baked goods, protein supplements, chewing gum, vitamins, tabletop sugar, and oral care products.

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Low- and no-calorie sweeteners are often used in dietary strategies aimed at reducing calories and added sugar for diabetes health, weight management, and cardiometabolic health.

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Sweeteners are regulated in the United States and must be demonstrated to be safe for their intended use either by the FDA or by qualified experts through the generally recognized as safe or GRAS process.

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Overall, low- and no-calorie sweeteners are considered safe when consumed within their acceptable daily intake levels and may be helpful tool for certain populations over the age of 5.

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Everyone's dietary needs are different.

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To ensure you get the proper nutrition you need and tailored for your health needs, see a registered dietitian nutritionist for an evaluation.

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To learn more about low- and no-calorie sweeteners, visit [eatrightPRO.org/NutritionFactCheck](https://eatrightPRO.org/NutritionFactCheck).