Only a very small number of people should not consume aspartame: those with Phenylketonuria or PKU, a rare genetic disorder suffered by 1 in 10,000 people in Europe (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5639803), should not consume aspartame, as sufferers are unable to break down the amino acid phenylalanine which is found in aspartame as well as in any foods or drinks rich in protein.

SAFETY OF LOW- AND NO-CALORIE SWEETENERS

LOW- AND NO-CALORIE SWEETENERS ARE SAFE

Low- and no-calorie sweeteners have been assessed as safe by the European Food Safety Authority (EFSA) after the rigorous scientific assessment that all additives must undergo before being authorised for use in the European Union.

They have also been approved by other independent authoritative organisations such as the US Food and Drug Administration (FDA) and globally by the Joint FAO/WHO Expert Committee on Food Additives (JECFA).

EFSA continues to assess the safety of low- and no-calorie sweeteners on a regular basis, particularly when new scientific evidence becomes available, and continues to monitor the extent of their use in the market.

Authorised for use by EU regulators, low- and no-calorie sweeteners are approved as safe for consumption by all population groups¹, including pregnant women and children.

¹Only a very small number of people should not consume aspartame: those with Phenylketonuria or PKU, a rare genetic disorder suffered by 1 in 10,000 people in Europe (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5639803), should not consume aspartame, as sufferers are unable to break down the amino acid phenylalanine which is found in aspartame as well as in any foods or drinks rich in protein.
Based on a comprehensive review of each low- and no-calorie sweetener, the European Food Safety Authority (EFSA) sets the ‘Acceptable Daily Intake’ (ADI):

- This refers to the amount of a food additive that can be taken daily in the diet, over a lifetime, without risk to health.
- It provides a large margin of safety: it is usually 100 times lower than the amount of sweetener known not to cause risk to health.
- Bearing in mind the ADI, the European Commission sets a maximum permitted level for the addition of each sweetener in specific foods.
- As an example, for an adult, the equivalent of consuming the ADI on any given day for aspartame through consuming soft drinks alone, if sweetened at the EU maximum permitted level, would equate to approximately 4 litres of soft drink.
THE USE OF LOW- AND NO-CALORIE SWEETENERS IN SOFT DRINKS

For several years, the European soft drinks sector has taken voluntary actions to reduce average added sugars in its soft drinks to meet consumer needs and to address public health concerns. These actions help consumers manage their sugar intake from soft drinks.

Low- and no-calorie sweeteners are one of the most effective tools helping the soft drinks sector on its journey to create a healthier food environment for consumers.

The continued support of national public health authorities in ensuring the scientific approval, authorisation and use of low- and no-calorie sweeteners is key to helping the soft drinks industry make further progress in providing more choice with less sugar.
Established in 1958, UNESDA Soft Drinks Europe is the Brussels-based trade association representing the non-alcoholic beverages sector. Its membership comprises 10 companies and 25 national associations from across Europe. UNESDA members are involved in the production and/or distribution of a wide variety of non-alcoholic beverages including still drinks, carbonates, fruit drinks, energy drinks, iced teas, flavoured waters, and sports drinks.

www.unesda.eu