



Aspartame ...200 Times Sweeter than Table Sugar!!!

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Aspartame is used commonly in

- Soft drinks
- Fruit drinks
- Pharma preparations
- Chewing gums

Why used???

- Weight reduction
- Diabetes

Does Aspartame really works???

Yes taste wise ...because its quite close to taste of sugar. At the same time, No, because it has after taste.

In weight reduction it works...

1 gm aspartame = 4 kcal

But since its much sweeter than sugar ...a little is required to sweeten foods like drinks and eatables.

Therefore helps in weight gain management because it helps maintain BMI (Basal Metabolic Index) within the range and hence chances of metabolic disorders like Diabetes 2 are less.

But some studies shows, "Artificial sweeteners produce the counterintuitive effect of inducing metabolic derangements." According to Susan E Swithens.

In brief can comment, excessive use of this sugar may cause hazards.

Today's most like some of the eatables/drinks are

- Sports bars
- Health/ Energy drinks
- Breakfast cereals
- Sauces
- Yogurts

This may contain this sugar. But take precaution that you don't put all in your day's eating schedule. If you do so the quantity will definitely be more than recommended.

It's, preferred by some people... People use it in

- Baking: however it's unstable at elevated temperature but made stable with blend of fats or maltodextrines.
- Syrups: it's made more stable in syrups when it is blended with stable sweeteners like saccharine.

Various studies that that tells its harmful/useful effects are available..Just like any other nutrient or sweeteners but the gist I could analyze is:

- Some systematic Review and Met analysis found that Aspartame consumption has no significant effect on variables related to obesity and Diabetes.

(Question is does non-nutritive sweeteners are linked with increased weight.)

Are there side effects of Aspartame?

National cancer institute have reanalyzed that there is no association between aspartame and brain cancer. But some studies has shown there is association between seizures, headaches and mood changes.

(If you take anything in more than recommended amount it is harmful...)

FDA has recommended ADI for Aspartame to be : 50mg/kg body weight.

Just enjoy having...Aspartame...but check out quantity!!!

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