

Aspartame Docket #02P-0317

Does aspartame affect blood sugar control in people with diabetes?

No. Research shows that aspartame does not affect short-term or long-term blood sugar levels in people with diabetes. The American Diabetes Association states,

“Aspartame has been approved by the Food and Drug Administration (FDA), a governmental agency that conducts thorough scientific review to determine foods that are safe for public consumption. (We) follow FDA recommendations and recognize there is no credible scientific evidence linking aspartame to any health-related problems for people with diabetes.”

The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. Founded in 1940, the American Diabetes Association conducts programs in all 50 states and the District of Columbia, reaching hundreds of communities. The mission of the Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

For more information on the American Diabetes Association and its assessment of the safety of aspartame please visit: <http://www.diabetes.org/nutrition-and-recipes/nutrition/sweeteners.jsp>.

For your reference and convenience this information has been attached in PDF form.

Respectfully submitted,

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Calorie Control Council
January 16, 2006