

Can aspartame help people lose weight?

More than 144 million adult Americans use low-calorie sweeteners as part of a weight-control program. Low-calorie sweeteners enable consumers to lose and maintain weight, as well as reduce the risks associated with obesity. Why? Because the key to losing weight is to burn more calories than are consumed, either by increasing physical activity or consuming fewer calories. Low-calorie sweeteners, such as aspartame, offer a means to control calories. Researchers at Harvard Medical School concluded that aspartame "is a valuable adjunct to a comprehensive program of balanced diet, exercise and behavior modifications for losing weight."