

What are the benefits of using aspartame?

Today, more than 500 million people around the world regularly choose products with aspartame. Calorie-conscious consumers like aspartame because it's low in calories and tastes like sugar. Aspartame is 200 times sweeter than sugar and can replace up to 99 percent of the calories in soft drinks. It also intensifies and extends certain flavors, especially fruit flavors. As a sugar-substitute, aspartame helps diabetics improve their quality of life by enabling them to follow nutrition recommendations and choose from a much wider variety of good-tasting foods and beverages. Aspartame is also tooth-friendly. It does not promote tooth decay and is endorsed by the American Dental Association.