

## **Can pregnant women consume aspartame?**

Aspartame is safe for pregnant women and their developing babies, according to the Council on Scientific Affairs of the American Medical Association, the American Academy of Pediatrics Committee on Nutrition and the American Dietetic Association. During pregnancy, good nutrition is especially important. While sufficient calories are important during pregnancy, these calories should come from foods that contribute to nutrient needs rather than foods low in nutrients. The variety of foods and beverages sweetened with aspartame can help satisfy a pregnant woman's taste for "sweets" without the extra calories, leaving room for more nutritious foods. In addition, there is no need for pregnant women to be concerned about the components in aspartame. These components are also contained in many of the foods that are eaten daily by pregnant and breast-feeding women. In both cases, the body uses the components in the exact same way.