

How does aspartame affect children's behavior?

Aspartame is fine for children and teens when used in a well-balanced diet that includes a variety of foods, according to the Food and Drug Administration, the American Medical Association and the American Dietetic Association. It has no effect on children's behavior, including children diagnosed as hyperactive or with attention deficit disorder. While infants and very young children digest aspartame the same as adults, children this age need lots of energy for proper growth and development and should not restrict calories. For this reason, aspartame is not intended for use by infants and very young children.