

What is aspartame?

Aspartame is a low-calorie sweetening ingredient that tastes like sugar and is used in many foods we consume every day, including carbonated beverages, dairy products, fruit spreads, chewing gums and candies. It is also widely used as a tabletop sweetener. Because aspartame is up to 200 times sweeter than sugar, it can replace up to 99 percent of the calories in soft drinks. Without this low-calorie sweetener, many of the reduced-calorie and light products that are in such great demand today would not be possible.