

Health Canada acknowledges the safety of aspartame

Canada's Food Directorate, Health Canada, has recently posted on its website details of the process to which aspartame was subjected before being approved as a food ingredient. Health Canada conducted an extensive review of the scientific research and examined the results of clinical studies. The Directorate stated that "there is no evidence to suggest that the consumption of foods containing this sweetener, according to the provisions of the Food and Drug Regulations and as part of a well-balanced diet, would pose a health hazard to consumers."