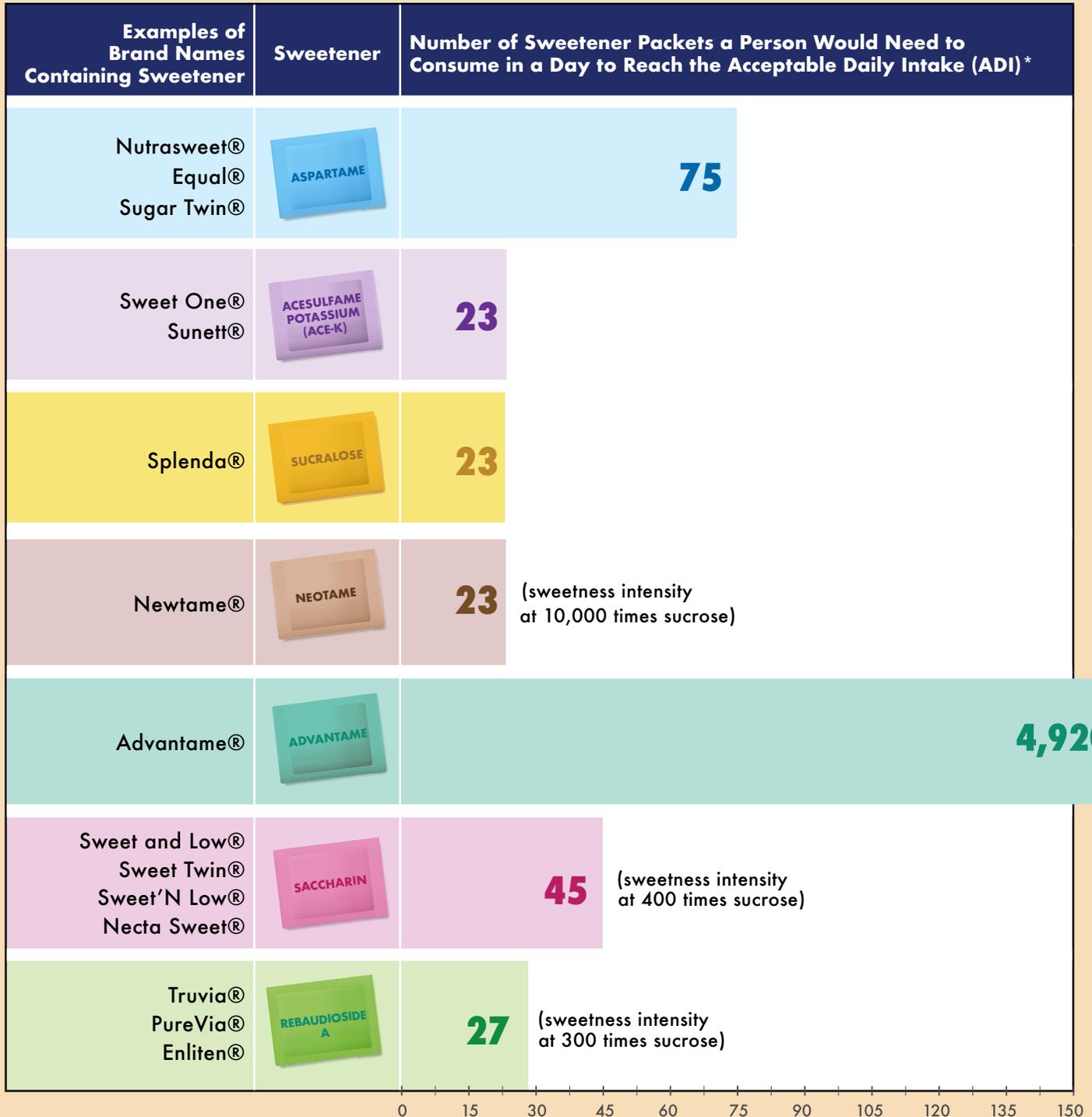


Safe Levels of Sweeteners

How many packets can a person consume and still be at the safe level for each sweetener based on its sweetness intensity?



Notes About the Chart:

The ADI in milligrams per kilogram body weight per day (mg/kg bw/d) for the sweeteners in the chart:

- Aspartame is 50 mg/kg bw/d
 - Acesulfame potassium (Ace-K) is 15 mg/kg bw/d
 - Sucralose is 5 mg/kg bw/d
 - Neotame is 0.3 mg/kg bw/d
 - Advantame is 32.8 mg/kg bw/d
 - Saccharin is 15 mg/kg bw/d
 - Rebaudioside A, a type of steviol glycoside, is 12 mg/kg bw/d
- This is based on the ADI for steviol glycosides: 4 mg/kg bw/d, expressed as steviol equivalents, set by the Joint FAO/WHO Expert Committee on Food Additives, on which the FDA participates.*

* Number of sweetener packets a 60 kg (132 pound) person would need to consume to reach the ADI. The FDA assumed a sweetener packet is as sweet as two teaspoons (approximately 8 grams) of sugar for these comparisons.