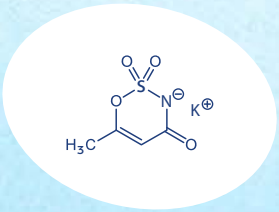
Zero Sugar, Maximum Flavor: Decoding the World of Non-Nutritive Sweeteners in Crystal Light®

Academy of Nutrition and Dietetics Position

"It is the position of The American Dietetic Association that consumers can safely enjoy a range of nutritive and non-nutritive sweeteners when consumed in a diet that is guided by current federal nutrition recommendations, such as the Dietary Guidelines for Americans and the Dietary References Intakes, as well as individual health goals."

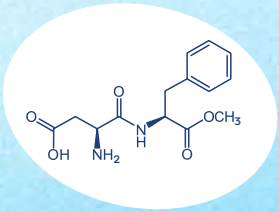
Academy of Nutrition and Dietetics (2012). Position of the Academy of Nutrition and Dietetics: Use of Nutritive and Nonnutritive Sweeteners.

Structure and Background



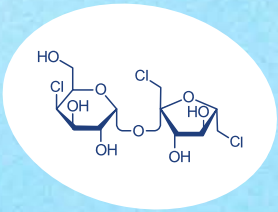
Ace-K (acesulfame potassium)

- **200x** sweeter than sugar
- Rapidly absorbed and excreted, not metabolized
- **0 kcal/g**
- Approved by FDA in **1988**



Aspartame

- **200x** sweeter than sugar
- Not absorbed whole, digested into three parts
- **4 kcal/g**
- Approved by FDA **1974**



Sucralose

- **600x** sweeter than sugar
- Little absorption, not digested
- **0 kcal/g**
- Approved by FDA in **1998**

Regulations and Use

All 3 sweeteners are approved for safe use by major regulatory agencies



FDA – Food and Drug Administration



Health Canada



EFSA – European Food Safety Authority