

# Artificial Sweeteners

Artificial sweeteners may assist in weight management, prevention of dental **caries**, and control of blood **glucose** for diabetics. It has also been suggested that low-calorie sweeteners may stimulate the appetite, but the bulk of evidence does not support this hypothesis. Conclusive research demonstrates that artificial sweeteners have no effect on **carbohydrate metabolism**, short- or long-term blood glucose control, or **insulin** secretion, and they are thus an excellent sugar alternative for diabetics. There have been a number of health concerns related with these products, though the Food and Drug Administration (FDA) approval process for artificial sweeteners involves a comprehensive analysis of scientific data to satisfy safety requirements. All "generally recognized as safe" (GRAS) sweeteners have undergone extensive safety testing and have been carefully reviewed by the FDA.