

## **Busting Nutrition Myths: 5 Facts about Aspartame**

Myths about low calorie sweeteners tend to stay around for years and years and somehow they touch a very sensitive button in many of us. We want to be the best super mom ever and when our best friend shares her amazing nutrition discovery, we may look at each other and wonder if it has any validity.

Great news! I have taken the liberty of sharing the top five most popular myths regarding low calorie sweeteners, especially when it comes to Aspartame, so you can be empowered with accurate science base information. Let's take a look, some will ring a bell while others will make you go back to your best friend and set them straight. Wherever you decide once you have the correct facts, always be cautious, nutrition is one of the most controversial topics, right up there with politics and religion!

### **Can low calorie sweeteners make you fat?**

Is the total calories that count, not the time of day you eat them. There is no “witching food or low calorie sweetener” that makes food more likely to adhere to your hips. That said, avoid lover eating. People who skip their meals and come to devour a feast and more likely to overeat more calories than they would have eaten had spaced their meals through the day and pay attention to calories or low calorie sweeteners!

### **Can low calorie sweeteners trick your brain and make you eat more calories?**

This position position is backed by hundreds of studies over the past 40 years that look at low calorie sweeteners. One out just this month --published in journal of [Obesity](#), -- directly compared the effects of beverages to water on weight loss. The study found that subjects who consumed beverages lost 44 percent more weight over 12 weeks - 13 pounds to nine pounds --lost by the control group during the same time period.

### **Will aspartame give you chronic diseases such as cancer or heart diseases?**

### **Can children and pregnant mothers consume low calorie sweeteners, especially aspartame?**

Yes, decades of research have provided the data to back the safety of low calorie sweeteners even among children and pregnant women.

### **What is the best low calorie sweetener for me?**

It all comes down to taste preference; all low calorie sweeteners are safe and effective.

### **Can I incorporate in my every day dishes and desserts? And how?**

There are hundreds of different ways to use low calorie sweeteners

After decades of extensive research, the science still demonstrates that the best way to achieve a healthy lifestyle is to decrease your calorie intake while increasing your activity

level, not by eliminating important nutrients or favorite foods from our diets. Just remember to eat a variety of foods in moderation while choosing an active lifestyle.