

# A Guide to the Sweeteners in our Products: A Variety of Sweeteners for a Variety of Tastes

\* A REPRESENTATIVE SAMPLING



## ● High Fructose Corn Syrup (HFCS)

**HFCS is a type of sweetener made from corn.**

HFCS is used to sweeten most non-diet soft drinks in the United States. Despite its name, HFCS is generally only about half fructose. The most common forms of HFCS used in the U.S. contain either 42% or 55% fructose, and the remainder is mostly glucose. Fructose, glucose and sucrose are all different forms of sugar. Common table sugar is sucrose. Sucrose consists of about 50% fructose and 50% glucose. HFCS and sugar, therefore, contain very similar amounts of fructose and glucose.

The U.S. Food and Drug Administration (FDA) has approved HFCS as being a safe ingredient for use in food. In fact, the FDA based its decision in part on the substantial similarity between HFCS and sucrose (table sugar).



## Products With 3+ Sweeteners



**Coca-Cola C2 contains HFCS, aspartame, ace-K, and sucralose**



**Minute Maid Lights contain aspartame, ace-K, and sucralose**

## Products With No Added Sweeteners

**100% Minute Maid juices and Dasani contain no added sweeteners**



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## ● Saccharin

**Saccharin has been used as a calorie-free sweetener for foods and beverages for over a century.**

Saccharin has been approved in more than 100 countries around the world.

Although the totality of the available research confirms the safety of saccharin, there has been controversy over its safety. The basis for the controversy rested primarily on findings of bladder tumors in some male rats fed high doses of sodium saccharin. Over the past 20 years, however, extensive research on human populations has overwhelmingly demonstrated that there is no association between saccharin and bladder cancer in humans.

In 1997, the U.S. government announced that recent human studies had shown there is no link between saccharin and bladder cancer. In December 2000, the President signed federal legislation to remove the saccharin warning label that had been required on saccharin-sweetened foods and beverages in the U.S. since 1977.

Saccharin is the same kind of sweetener found in Sweet'N Low®.

● ● Tab contains saccharin and aspartame



## ● Aspartame

**Aspartame is one of the most thoroughly studied food ingredients, with more than 200 scientific studies confirming its safety.**

In 1983, the FDA approved aspartame for use in carbonated beverages.

In addition to the FDA, regulatory agencies in more than 100 countries have found aspartame to be safe. Aspartame does contain the amino acid, phenylalanine, and, therefore, should not be consumed by people with phenylketonuria, a rare genetic condition for which infants are tested at birth in every state in the U.S.

Aspartame is the same kind of sweetener found in Equal®.



● Diet Coke contains aspartame

## ● Acesulfame Potassium (Ace-K)

**Ace-K is currently used in thousands of foods, beverages, and pharmaceutical products in about 90 countries.**

Among these are tabletop sweeteners, desserts, puddings, baked goods, soft drinks, candies and canned foods.

More than 90 studies have confirmed the safety of ace-K, and the FDA has permitted its use. Numerous scientific and regulatory bodies throughout the world including the FDA, the Joint Expert Committee on Food Additives (JECFA), which is the scientific advisory body to the World Health Organization (WHO), the Food and Agriculture Organization of the United Nations, and the Scientific Committee for Food of the European Union (SCF) have reviewed the available research on ace-K and concluded that it is safe for use in foods and beverages. Ace-K has been used in Europe since 1983 and in the U.S. since 1988.

## ● Sucralose

**Sucralose is a non-caloric sweetener that is structurally similar to sugar but is 600 times sweeter.**

Discovered in 1967, sucralose was granted approval by the FDA in April 1998 for use in 15 food and beverage categories. The FDA expanded the uses for sucralose in 1999, approving it as a "general purpose" sweetener. Sucralose has also been approved for use in foods and beverages in more than 40 countries including the U.S., Canada, Australia and Mexico.

Sucralose is the same kind of sweetener found in Splenda®.



● ● Products that contain aspartame and ace-K



● ● Diet Coke sweetened with Splenda® and Dasani flavored waters contain ace-K and sucralose