

NON-NUTRITIVE SWEETENERS

Safety, Approval & Use

Sweeteners

- food additives, used as alternatives to sugars
- indicated on the label of foods and drinks
- two main categories: a. polyols (e.g. sorbitol, xylitol, maltitol) and b. "intense sweeteners", also commonly known as "non-nutritive sweeteners (NNS)"

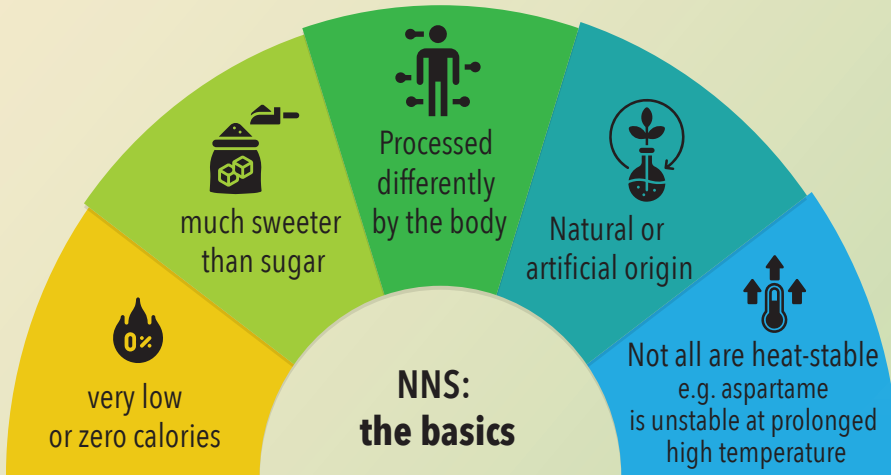


Approved NNS in the EU



NNS are authorized before their use by the European Union (EU) based on EFSA's safety assessments [Regulation (EC) No 1333/2008]

Sweetener	E number
Acesulfame K	E 950
Aspartame	E 951
Cyclamates	E 952
Saccharins	E 954
Sucralose	E 955
Steviol glycosides	E 960
Neotame	E 961
Salt of aspartame-acesulfame	E 962
Advantame	E 969
Thaumatococin	E 957
Neohesperidin DC	E 959



Who Assesses NNS Safety in the European Union?

EFSA (European Food Safety Authority) evaluates NNS safety based on toxicological and consumption data and estimates an Acceptable Daily Intake (ADI)*.

* ADI is an estimate of the amount of a substance in food or drink that can be consumed daily over a person's lifetime without appreciable health risks

EXAMPLE

A can of a diet soft drink may contain 200 or 300 mg of aspartame. To exceed the ADI of 40 mg/kg body weight for aspartame, a 70 kg adult would need to drink more than 9-14 cans per day, assuming no other foods containing aspartame are consumed.



Are NNS safe?



SAFE when used within usual consumption patterns and under approved conditions (i.e. authorised food categories & concentration limits)



EFSA continuously monitors and re-evaluates NNS safety

Examples of re-evaluation:

- ✓ Aspartame (2013)
- ✓ Thaumatococin (2021)
- ✓ Neohesperidin DC (2022)
- ✓ Saccharins (2024)
- ✓ Neotame & Acesulfame K (2025)



WHO Recommendations (2023)

- 👎 NNS are not recommended for weight control in healthy individuals
- 👍 Can be useful for people with diabetes
- ➡️ Concerns relate to effectiveness for long-term weight control, NOT safety

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