



University of California
Cooperative Extension
Tulare County

Agriculture and Natural Resources



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FDA APPROVES NEW SUGAR SUBSTITUTE-NEOTAME

The U.S. Food and Drug Administration (FDA) has given approval to the NutraSweet Company to start marketing a non-nutritive, general-purpose sweetener in foods. The new product, called “neotame”, can be used as a tabletop sweetener and in baked goods, nonalcoholic beverages like soft drinks, chewing gum, confections and frostings, frozen desserts, gelatins and puddings, jams and jellies, processed fruits and fruit juices, toppings and syrups. Neotame is heat-stable, unlike Aspartame. According to the FDA, neotame is 7,000 to 13,000 times sweeter than sugar.

Neotame has a clean sweet taste like sugar; however, because it is so sweet only a small amount is needed to sweeten foods and beverages

Some consumer advocacy groups submitted comments objecting to the FDA approval of neotame. Their objections centered on similarities between neotame and aspartame. Aspartame has been under attack for years for potential links to health problems. None of those claims have ever held up to scientific scrutiny. FDA’s response to the objections was that neotame and aspartame are “chemically and metabolically different.”

FDA reviewed more than 113 human and animal studies before ruling on neotame. These studies examined potential carcinogenic, reproductive and neurological effects of the sweetener. Based on these studies, FDA concluded there is no concern for potential neurotoxic or behavioral effects in humans from eating neotame. The studies included on using adult subjects with Type 2 diabetes. The Australia New Zealand Food Authority (ANZFA) also approved neotame in 2001.

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People of all ages, including pregnant or breastfeeding women, teens and children, and people with diabetes can use Neotame. It has no effect on blood glucose and insulin levels or glycemic control in people with diabetes.

Neotame can be used alone or with other sweeteners. For additional information on this new product can be found at www.neotame.com.

Sources: eFOOD RAP, Vol 12, No 16, August 1, 2002. William D. Evers, PhD., RD. Cooperative Extension Foods and Nutrition Specialist, Purdue University School of Consumer and Family Sciences, Department of Nutrition

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