

ARTIFICIAL SWEETENERS

 DO YOU LOOK AT ARTIFICIAL SWEETENERS AS THE LONG LOST KEY TO WEIGHT LOSS AND BLOOD SUGAR CONTROL? YOU SHOULD CONSIDER ITS USE IN YOUR EVERYDAY DIET.



OVERALL CALORIE COUNT

is still the king when it comes to weight loss, blood sugar control.



ARTIFICIAL SWEETENERS

Names such as aspartame, saccharin and stevia – offer the ability to indulge in sweetened foods and drinks with the promise of zero added calories. Such an offer can seem hard to pass up for those struggling to kick the sugar habit in order to shed pounds and manage diseases such as diabetes.

OVERWEIGHT

There may be a close link between America's obesity epidemic and its love of diet sodas. National Institutes of Health says a rise in the percent of the population who are overweight coincides with an increase in the widespread use of zero calorie artificial sweeteners.

LINKS TO WEIGHT GAIN

According to the National Household Nutritional Survey, about **15 PERCENT** of the U.S. population regularly uses artificial sweeteners. The majority of these individuals choose artificial sweeteners over sugar in order to lose weight. However, large scale studies completed by the likes of the American Cancer Society found that artificial sweeteners are closely linked with weight gain and that when used alone, artificial sweeteners do not help someone lose weight.



ONE THING ARTIFICIAL SWEETENERS DO HELP WITH IS A STRONGER SWEET TOOTH.

Most artificial sweeteners are up to **300 TIMES SWEETER** than regular sugar, often times creating a greater craving for sweet foods in general.



USE IN MODERATION

Use artificial sweeteners only as a short-term tool in helping you transition to a healthier lifestyle. **THE END GOAL IS TO DRINK WATER.**



For more information on artificial sweeteners, visit premierhealthnet.com/familyhealth



SOURCES: Premier Metabolic and Bariatric Associates; National Institutes of Health (NIH); National Household Nutritional Survey; American Cancer Society