

## **A holiday reminder: Don't fear aspartame**

*Summer news about cancer risk shouldn't be what deters you from diet soda*

\*\*\*SOT\*\*\*

Carly Zimmer

OSF HealthCare dietitian

**"That group B classification means there is a possible risk for that substance to cause cancer, not that it's necessarily linked to cancer." (:14)**

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OSF HealthCare dietitian

**"Artificial sweeteners definitely have a place [in diets], but we don't want to consume them in excess."  
(:08)**