

A holiday reminder: Don't fear aspartame

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

ANCHOR LEDE

As Christmas and all those sugary foods approach, your mind may wander back to conflicting summer news about aspartame [ASS-par-tame], an artificial sweetener found diet soda and other sugar-free foods. The World Health Organization said aspartame may be cancer-causing. But the FDA wasn't so sure.

TAKE VO

The bottom line for everyday eating is this: you'd have to consume a ton of sweetener to reach the daily limit set by the FDA. So drink diet soda in moderation. And try healthier options like fruit-infused water.

*****SOT*****

Carly Zimmer

OSF HealthCare dietitian

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

VO TAG

Talk to your health care provider or a dietitian if you have questions about what you should eat and drink.