

A holiday reminder: Don't fear aspartame

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

Run time - :26

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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. Tim Ditman of OSF HealthCare cuts through the noise.

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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.

OSF dietitian Carly Zimmer:

**\*\*\*SOUNDBITE\*\*\***

**Carly Zimmer**

**OSF HealthCare dietitian**

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

I'm Tim Ditman.

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