Summary: The World Health Organization (WHO) has issued new guidelines stating that non-sugar sweeteners do not help with weight control in the long term and may have potential adverse effects with long-term use. This contradicts the common perception that swapping sugar for non-sugar sweeteners is a healthier choice. Non-sugar sweeteners are often found in processed foods, which tend to be higher in energy and lack nutritional value. The WHO advises reducing the intake of free sugars (sugars added to foods) and suggests that the best advice for a healthy diet will come from a professional dietitian.

Primary Tags: Health, Nutrition, WHO, Guidelines

Secondary Tags: Weight Control, Non-sugar sweeteners, Sugar, Dietary Advice

Link: <https://www.abc.net.au/news/2023-05-21/the-who-non-sugar-sweeteners-weight-loss-guidelines/102351010>

Quotes: "Non-sugar sweeteners are often marketed as a low kilojoule or natural alternative to sugar. And they are often paired with terms like "diet" or "sugar-free". This makes us think they're healthy, but it's all marketing."

Media: <https://www.who.int/news/item/15-05-2023-who-advises-not-to-use-non-sugar-sweeteners-for-weight-control-in-newly-released-guideline>