

Common artificial sweetener makes you three times hungrier than sugar

A widely used artificial sweetener increases brain activity in regions involved in appetite, suggesting it makes people hungrier

By Grace Wade

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► The artificial sweetener sucralose may stoke hunger rather than abate it

Antonio Guillem Fernandez/Alamy

People report being hungrier after consuming the [artificial sweetener](#) sucralose and experience heightened brain activity in regions involved with appetite. The finding suggests that artificial sweeteners may encourage overeating instead of satisfying our sweet tooth.



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