

FDA-Approved Nonnutritive Sweeteners^{1,3}

Sweetener	Common Brands	Acceptable Daily Intake (ADI) (mg per kg body weight per day)	Estimated Daily Intake* (mg per kg body weight per day)	Packets Equivalent to ADI (for 132 lb [60 kg] person)	Use
Acesulfame K	Sunett, Sweet One	15	0.2 to 1.7	23	Suitable as a sugar substitute in baked goods. Heat stable; stays sweet when used at high temperatures during baking. Combines well with other nonnutritive sweeteners.
Advantame	No brand name	32.8	Not determined	4,920	Suitable as a sugar substitute in baked goods. Heat stable, stays sweet when used at high temperatures during baking.
Aspartame	Nutrasweet, Equal, Sugar Twin	50	0.2 to 4.1	75	Not heat stable and loses its sweetness when heated. Not typically used in baked goods.
Luo Han Guo Extract	Nectresse, Monk Fruit in the Raw, PureLo, LoSweet	Not determined	6.8	Not determined	Used as a tabletop sweetener, food ingredient, and component of other sweetener blends.
Neotame	Newtame	18	0.05 to 0.17	23	Suitable as a sugar substitute in baked goods. Heat stable; stays sweet when used at high temperatures during baking.
Steviol Glycosides (Stevia)	Truvia, PureVia, Enliten	4**	1.3 to 3.4	9	Intended for use as a sweetener in a variety of food products and as a tabletop sweetener.
Saccharin	Sweet Twin, Sweet 'N Low, Necta Sweet	5	0.1 to 2.0	45	Approved for use in food as a nonnutritive sweetener.
Sucralose	Splenda	5	0.1 to 2.0	23	Suitable as a sugar substitute in baked goods. Heat stable; stays sweet when used at high temperatures during baking.

*Indicates how much of a sweetener an individual would consume if they used that particular sweetener exclusively.

**As established by the Joint FAO/WHO Expert Committee on Food Additives.