

600 times sweeter than sugar

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When you have diabetes sugar becomes an enemy, and you have to learn how to eat properly, eating a big piece of chocolate cake, a really sweet smoothie, your usual milky coffee, would compromise your health. Even for a person who does not have diabetes, consuming so much sugar can endanger their life. If you are one of these people, who do not want to quit sweet things of life completely, but want to have a healthy diet, I have good news for you! Now a day you have lots of options, because the existence of sweeteners makes this dream possible.

There have been a lot of rumours about sweeteners: “ they are dangerous can induce cancer, damage the brain,” ... It is like nobody can believe that having something so taste can exist without any consequences. But it is true! A range of different sweeteners exists but the one, which has no disadvantages, is called Sucralose. This food additive is offered in the market under the brand name Splenda.

People who want to stay healthy without saying good bye to the sweet things in life, I have scientific facts for you, so you don't feel threatened when using sucralose: by this time 120 scientific studies have shown that sucralose is safe to use.

For example in the study made by Aiello at the Department of Environmental Toxicology in Uppsala University, was proved that, even when sucralose is consumed in a really sensitive period of the brain, and in higher doses than the approved by the Food and Drug Administration (ADA), the brain development does not alter its normal function. This study was performed measuring levels of four proteins important for brain development: GAP-43, CaMKII, synaptophysin and tau in hippocampus and cortex, obtaining no significant effects on the levels of the four proteins in both brain regions.

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