

Pregnancy and Low- and No-Calorie Sweeteners

Healthy Pregnancy

For expecting mothers, proper nutrition during pregnancy is essential for a baby's development. During this time, it is vital for an expectant mother to maintain a healthy lifestyle and balanced diet. For women who have concerns about gestational diabetes, are looking to control weight gain, or simply enjoy the taste of sweets, foods and beverages that contain low- and no-calorie sweeteners (LNCS)* can be safely included into their diet.

Safety

Multiple regulatory bodies around the world – including the U.S. Food and Drug Administration (FDA) and the World Health Organization (WHO) – have confirmed the safety of LNCS for all populations, including the elderly, children and pregnant and nursing women. Multi-generational studies have found no adverse effects on the mother or developing baby related to the use of low-calorie sweeteners.

Benefits



Managing Gestational Diabetes

For many pregnant women, concerns about gestational diabetes may cause them to take an even closer look at their diet. These women are often advised to monitor and/or limit their carbohydrate intake. As LNCS do not raise blood glucose and insulin levels, these ingredients are a safe option for expectant mothers.



Avoiding Weight Gain

Excess weight gain during pregnancy has been shown to be harmful to both the mother and developing baby. LNCS can help pregnant women enjoy the taste of sweets without excess calories, leaving room for nutritious foods and beverages without excess weight gain.



Satisfying the Desire for Sweets

The variety of foods and beverages sweetened with LNCS can help satisfy a pregnant woman's cravings for sweets without increasing added sugar consumption.

Pregnancy can be an exciting journey, and it is important for women to maintain healthy habits for themselves and their babies. LNCS can be a helpful tool for expectant mothers monitoring their blood glucose levels, weight gain, added sugar consumption and overall nutrition.

**The Food and Drug Administration (FDA) has affirmed the safety of six high-intensity sweeteners [saccharin, aspartame, acesulfame potassium (Ace-K), sucralose, neotame and advantame] when consumed within the ADI by the general population, including pregnant women. Steviol glycosides and Luo Han Guo (monk fruit) extracts are also recognized as safe when consumed within the ADI.*



[CalorieControl.org](https://www.caloriecontrol.org)

To learn more about LNCS and pregnancy, visit [Caloriecontrol.org](https://www.caloriecontrol.org) and look for "Pregnancy" in the menu.