

## Acceptable Daily Intake (ADI)

“The FDA has established an ‘acceptable daily intake’ [ADI] for each sweetener. This is the maximum amount considered safe to eat each day during your lifetime. ADIs are intended to be about 100 times less than the smallest amount that might cause health concerns.”<sup>1</sup>

“A recent evaluation of nonnutritive sweetener intake worldwide reveals that intakes of nonnutritive sweeteners are well below acceptable levels.”<sup>2</sup> As an illustration, for a person weighing 150 pounds (68 kilograms) to exceed the ADIs, he/she would need to consume:



- 18-19 cans of aspartame-containing diet soda per day, or
- 9-12 packets of saccharin-containing tabletop sweetener per day, or
- 30-32 cans of Ace-K containing lemon-lime soda per day, or
- 6 cans of sucralose-containing diet soda per day.<sup>1</sup>

### Sources

1. Mayo Clinic (2008). Artificial sweeteners: A safe alternative to sugar? Retrieved March 11, 2010. From <http://www.mayoclinic.com/health/artificial-sweeteners/MY00073>.
2. American Dietetic Association. Position of the American Dietetic Association: Use of nutritive and nonnutritive sweeteners. *Journal of the American Dietetic Association* 2004; 104:255-275.