



# Aspartame



## Calorie Converter

Replacing high-calorie foods in your diet with low-calorie alternatives is a proven method to lose extra pounds and maintain a healthy weight. In fact, the federal government's most recent Dietary Guidelines for Americans place a stronger emphasis than ever on calorie control and physical activity. A number of foods and beverages sweetened with aspartame provide valuable calorie savings, and even modest substitutions can, over time, result in significant changes in body weight.

Below are some examples of how replacing full-calorie foods with aspartame-sweetened alternatives can make a big difference. For each, we have:

- Identified an aspartame-sweetened food or beverage along with its traditional counterpart;
- Inserted a hypothetical number of times per week that item might be consumed in a typical week;
- Calculated the resulting calories "saved" per week; and
- Extrapolated that caloric savings to a full year to estimate the number of pounds expected to be lost based on that simple change, assuming that other aspects of diet and activity are held constant.



Instead of this traditional food	Try this aspartame-sweetened alternative	Calories saved per serving	Example of servings per week	Total calories saved per week	Pounds lost per year (approximate)
12 oz. Coca-Cola® Classic (140 calories)	12 oz. Diet Coke® or Coke Zero® (0 calories)	140	7	980	15
12 oz. Pepsi® (150 calories)	12 oz. Diet Pepsi® (0 calories)	150	7	1,050	16
3.5 oz. (snack size) Lime-Flavored JELL-O® (80 calories)	3.5 oz. (snack size) Lime-Flavored Sugar Free JELL-O® (10 calories)	70	3	210	3
7 oz. Dannon® Frusion,™ Strawberry Blend Yogurt (180 calories)	7 oz. Dannon® Light & Fit® 0% Plus,™ Strawberry Yogurt (70 calories)	110	5	550	8
4 oz. Yoplait® Thick & Creamy,® Key Lime Pie Yogurt (120 calories)	4 oz. Yoplait® Fiber One,™ Key Lime Pie Yogurt (80 calories)	40	5	200	3
1.65 fl. oz. Original Fudgsicle® (60 calories)	1.65 fl. oz. No Sugar Added Fudgsicle® (40 calories)	20	7	140	2
8 oz. Country Time® Lemonade (60 calories)	8 oz. Wyler's Light Lemonade (5 calories)	55	7	385	6
8 oz. Lipton® Green Tea with Citrus (80 calories)	8 oz. Lipton® Diet Green Tea with Citrus (0 calories)	80	7	560	8
1 stick Doublemint Gum (10 calories)	1 stick Orbit Original Peppermint Gum (5 calories)	5	14	70	1
1 slice Sara Lee Strawberry French Cheesecake (320 calories)	1 slice Chocolate Swirl Cheesecake made with Equal® sweetener* (164 calories)	156	3	468	7
8 oz. Glaceau VitaminWater® (50 calories)	16.9 oz. Strawberry AquaCal® (0 calories)	50	7	350	5
8 oz. Coffee w/1 tsp. sugar and 1 tbsp. of cream (45 calories)	8 oz. Coffee w/one packet Equal® sweetener and 1 tbsp. low-fat milk (6 calories)	39	14	546	8
1 packet Swiss Miss® Milk Chocolate Hot Cocoa Mix (120 calories)	1 packet Swiss Miss® Diet Hot Cocoa Mix (25 calories)	95	7	665	10
8 fl. oz. Accelerade® (80 calories)	8 fl. oz. Amino Vital® (35 calories)	45	3	135	2
1 serving Cole Slaw (147 calories)	1 serving Cole Slaw made w/Equal® sweetener* (49 calories)	98	5	490	7
1 slice Banana Raisin Bread (220 calories)	1 slice Banana Raisin Bread w/Equal® sweetener* (178 calories)	42	3	126	2

\* Note: These and other recipes sweetened with Equal® may be found at [www.equal.com](http://www.equal.com).



**Aspartame Resource Center**

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