

# ASPARTAME'S USEFULNESS IN WEIGHT CONTROL



## The effect of aspartame as part of a multidisciplinary weight-control program on short- and long-term control of body weight

Blackburn GL, Kanders BS, Lavin PT, Keller SD, Whatley J.  
*American Journal of Clinical Nutrition*<sup>1</sup>

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“...participation in a multidisciplinary weight-maintenance program that included aspartame and exercise was associated with better long-term control of body weight.”

—See page 417 of enclosed reprint

See inside for summary  
and reprint.

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## Study Objective

Assess whether aspartame facilitates weight loss and aids in the long-term control of body weight.

## Study Participants

- ◆ 163 obese women, age 20 to 60 years

## Study Design

- ◆ 3+ year, prospective, randomized, parallel-group study

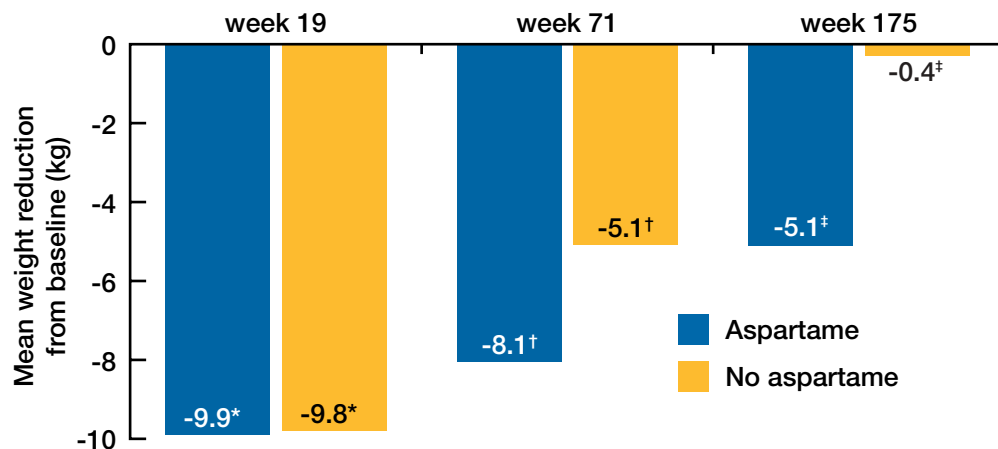
**This 3+ year study was divided into four periods:**

<b>3-week run-in period</b>	All participants: <ul style="list-style-type: none"><li>• Followed the same American Dietetic Association diet</li><li>• Stopped using no-calorie sweeteners</li><li>• Met with a nutritionist weekly</li><li>• Began walking 15 minutes per day, 3 times per week</li></ul>
<b>16-week active weight loss period</b>	Participants randomized to two groups: <ul style="list-style-type: none"><li>• One group used aspartame (n=82) and one did not (n=81)</li><li>• All participants followed the same multidisciplinary program<ul style="list-style-type: none"><li>– Dietary intervention (sample menus, recipes, personalized diet plans)</li><li>– Weekly group instruction (nutrition, exercise, behavior modification)</li><li>– Aerobic exercise (200 minutes per week)</li></ul></li></ul>
<b>12-month maintenance period</b>	Both groups: <ul style="list-style-type: none"><li>• Received an individualized meal plan and personalized exercise program</li><li>• Attended hour-long monthly group sessions focusing on relapse prevention and weight loss maintenance strategies</li></ul>
<b>2-year follow-up period</b>	Both groups: <ul style="list-style-type: none"><li>• Contacted annually to determine body weight, aspartame intake, exercise level, subjective measures of eating control (level of hunger, desire for sweets, others), and intercurrent health events</li></ul>

# ASPARTAME IN WEIGHT CONTROL

## Key Study Result 1

### Aspartame helps maintain weight reduction long term



\* $P < .0001$  from baseline.  
† $P = .0001$  from baseline.  
‡ $P = .028$  between groups.  
Results from a prospective, randomized study of 163 obese women (baseline weight approximately 100 kg). The authors stated, "These data suggest that participation in a multidisciplinary weight-control program that includes aspartame may facilitate the long-term maintenance of reduced body weight."

Adapted from Blackburn GL, Kanders BS, Lavin PT, Keller SD, Whatley J. The effect of aspartame as part of a multidisciplinary weight-control program on short- and long-term control of body weight. *Am J Clin Nutr.* 1997;65:409-418.

### As shown above

- ❖ Aspartame users lost significantly more weight and regained significantly less weight than nonusers over 3 years

### Throughout the study

- ❖ No differences were found in levels of hunger or exercise or desire for sweets between the aspartame and no-aspartame groups

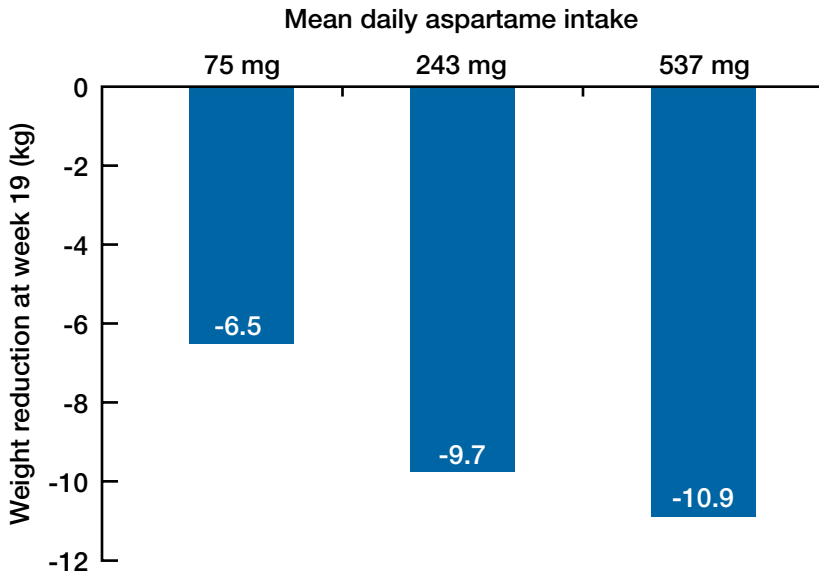
“The aspartame group lost significantly more weight overall... and regained significantly less weight during maintenance and follow-up...than did the no-aspartame group.”

—See page 409 of enclosed reprint

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## Key Study Result 2

### Higher aspartame intake predicts greater weight loss



Participants consumed aspartame-sweetened pudding or milk shakes as part of their meal plan; were given an aspartame-sweetened noncarbonated beverage mix and packets of tabletop sweetener; and were encouraged to use other products containing aspartame. They were divided into the three groups above (n=27 in each group) based on self-reported aspartame intake at the last active-weight-loss visit. Similar intakes of calories, carbohydrate, protein, and fat, as well as similar levels of exercise were reported across the three groups.

Adapted from Blackburn GL, Kanders BS, Lavin PT, Keller SD, Whatley J. The effect of aspartame as part of a multidisciplinary weight-control program on short- and long-term control of body weight. *Am J Clin Nutr.* 1997;65:409-418.

◆ In the aspartame group, those consuming the most aspartame lost as much as 4.4 kg more than those consuming the least aspartame at week 19

“The most favorable weight loss was observed for the group with the highest aspartame intake at the end of active weight loss.”

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#### Reference:

1. Blackburn GL, Kanders BS, Lavin PT, Keller SD, Whatley J. The effect of aspartame as part of a multidisciplinary weight-control program on short- and long-term control of body weight. *Am J Clin Nutr.* 1997;65:409-418.

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