

## Acceptable Daily Intake (ADI) in Packs of Sweetener Compared to Cans of Diet Soda<sup>a</sup>

	Saccharine (Pink Pack)	Aspartame (Blue Pack)	Sucralose (Yellow Pack)	Stevia <sup>b</sup> (Green Pack)
Acceptable Daily Intake (ADI)	5 mg/kg wt	50 mg/kg wt	5 mg/kg wt	4 mg/kg wt steviol equivalents
ADI 150-lb adult	68 kg × 5 mg/kg = 340 mg	68 kg × 50 mg/kg = 3409 mg	68 kg × 5 mg/kg = 340 mg	68 kg × 4 mg/kg = 272 mg
mg per pack	36 mg	37 mg	12 mg	
ADI packs/day	9-10 packs	92 packs	28 packs	9 packs
mg per 12oz can	96	200	60	
ADI cans/day	3-4	17	5-6	
Brand names	Sweet and Low, Sweet Twin, Sweet'N Low, Necta Sweet	Nutrasweet, Equal, Sugar Twin	Splenda	Truvia, PureVia, Enliten

<sup>a</sup>Divide body weight in pounds (lb) by 2.2 to get weight in kilograms (kg). Multiply weight in kg by ADI to get ADI for individual. Example is based on 150-lb adult (68 kg). Divide ADI for individual by mg per sweetener to get packs per day. Divide ADI for individual by mg per 12 oz can soda to get cans per day. Adapted from "Additional Information About High-Intensity Sweeteners Permitted for Use in Food in the United States," [www.fda.gov/Food/IngredientsPackaging/Labeling/FoodAdditivesIngredients/ucm397725.htm#Steviol\\_glycosides](http://www.fda.gov/Food/IngredientsPackaging/Labeling/FoodAdditivesIngredients/ucm397725.htm#Steviol_glycosides).

<sup>b</sup>ADI established by the Joint FAO/WHO Expert Committee on Food Additives (JECFA)