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ARTIFICIAL SWEETENER CAN BE BITTER

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Abstract

We are talking about artificial sweeteners ie 'non-sugar sweeteners', for whose use the World Health Organization has recently issued guidelines.

It has been warned that what is being considered as a healthy alternative to sugar or sweets, especially for reducing weight, will actually increase the weight and may also be responsible for many diseases.

Know its reality in detail from the experts

Keywords : Non-sugar sweeteners, weight gain, Cancer

Introduction

That is, considering sugar as the culprit of weight gain, the responsibility of sweetening the mouth was entrusted to non-sugar sweeteners (NSS), which were considered safe. This process has been going on for two-and-a-half decades. Diabetic patients also got involved in this. The misconception that sugar is harmful and NSS can prevent it is a double-edged sword. On the one hand, it is true that sugar, which does not contain any nutrients, is harmful, while NSS, which are 600-1800 times sweeter than sugar, can cause more problems than that. have been And this is true not only for diabetic patients, but for all those who are taking support of NSS.

How do artificial sweeteners work?

The surface of our tongue is covered by many taste buds, each containing several taste receptors that detect different flavors. When we eat, your taste receptors encounter food molecules. A perfect fit between a receptor and molecule sends a signal to our brain, allowing us to identify the taste. For example, the sugar molecule fits perfectly into your taste receptor for sweetness, allowing your brain to identify the sweet taste. Artificial sweetener molecules are similar enough to sugar molecules to fit on the sweetness receptor. However, they are generally too different from sugar for our body to break them down into calories. This is how they provide a sweet taste without the added calories.

Only a minority of artificial sweeteners have a structure that our body can break down into calories. Given that only very small amounts of artificial sweeteners are needed to make foods taste sweet, we consume virtually no calories.

Common artificial sweeteners

The following artificial sweeteners are allowed for use in the United States and/or European Union **Aspartame**. Sold under the brand names NutraSweet, Equal, or Sugar Twin, aspartame is 200 times sweeter than table sugar.

- **Acesulfame potassium**. Also known as acesulfame K, it's 200 times sweeter than table sugar. It's suited for cooking and baking and sold under the brand names Sunnet or Sweet One.
- **Advantame**. This sweetener is 20,000 times sweeter than table sugar and suited for cooking and baking.
- **Aspartame-acesulfame salt**. Sold under the brand name Twinsweet, it's 350 times sweeter than table sugar.
- **Cyclamate**. Cyclamate, which is 50 times sweeter than table sugar, was used for cooking and baking. However, it has been banned in the United States since 1970.
- **Neotame**. Sold under the brand name Newtame, this sweetener is 13,000 times sweeter than table sugar and suited for cooking and baking.
- **Neohesperidin**. It's 340 times sweeter than table sugar and suited for cooking, baking, and mixing with acidic foods. Note that it is not approved for use in the United States.
- **Sacchari**. Sold under the brand names Sweet'N Low, Sweet Twin, or Necta Sweet, saccharin is 700 times sweeter than table sugar.
- **Sucralose**. Sucralose, which is 600 times sweeter table sugar, is suited for cooking, baking, and mixing with acidic foods. It's sold under the brand name Splenda.

Understand the Non-sugar sweeteners

Non-sugar sweeteners ie NSS are chemical sweeteners. Whether NSS is taken in the form of sachets, tablets or drops, or consumed as a food, these are only chemicals, which go into the body and create byproducts according to their effects, which affect different parts of the body. There is an effect. They affect the mind. The World Health Organization has also warned of their adverse effects on heart health. Research has also indicated their carcinogenicity. That is, it can be said that without any disease, without any medical suggestion and adequate instructions, 'medicines' are being consumed by one's mind to reduce weight or reduce calorie intake.

Never gave up sugar

The World Health Organization has included guidelines for NSS for children up to two years of age. Young children, teenagers also choose such drinks, on which the claim of being NSS i.e. sugar free is pasted. Along with this, children and youth choose all the hidden NSS and eat fast food with hidden sugar thinking it absolutely safe and free from sugar. There is a lot of sugar in bread, sauces, artificial chutneys, white flour foods etc. If there is NSS also, then the problems increase.

This artificial sweetener leads to weight gain

NSS are sweeter. There are no calories in them. By consuming these, insulin is released, but the body does not get glucose, due to which the sugar decreases. The message goes to the hypothalamic center of the body that food is not satisfying. In such a situation, the body's craving for food increases. And feel like eating. In such a situation, there is no possibility of reducing the weight, on the contrary, the weight may increased. Effect on intestines, can be diabetes

A balance of good and bad bacteria is maintained in our intestines, which is essential for health. Consuming NSS adversely affects this balance, due to which the good bacteria decrease and the number of bad bacteria increases. This imbalance increases the risk of developing diabetes. Studies have proven that not only uncontrolled insulin, but poor gut health can also lead to diabetes.

Artificial sweeteners and cancer

Since the 1970s, debate about whether there is a link between artificial sweeteners and cancer risk has raged.

It was ignited when animal studies found an increased risk of bladder cancer in mice fed extremely high amounts of saccharin and cyclamate).

However, mice metabolize saccharin differently than humans.

Since then, more than 30 human studies have found no link between artificial sweeteners and the risk of developing cancer. One such study followed 9,000 participants for 13 years and analyzed their artificial sweetener intake. After accounting for other factors, the researchers found no link between artificial sweeteners and the risk of developing various types of cancer.

Furthermore, a recent review of studies published over an 11-year period did not find a link between cancer risk and artificial sweetener consumption.

This topic was also evaluated by U.S. and European regulatory authorities. Both agreed that artificial sweeteners, when consumed in recommended amounts, do not increase cancer risk.

One exception is cyclamate, which was banned for use in the United States after the original mouse-bladder-cancer study was published in 1970.

Since then, extensive studies in animals have failed to show a cancer link. However, cyclamate was never re-approved for use in the United States.

You can see this sequence like this

Gained weight due to fast food or unhealthy food. Consumed noodles, momos, burgers, carbonated drinks etc., didn't drink enough water, didn't get enough sleep i.e. sleep-wake at untimely times, due to which the lifestyle is irregular and the quantity of food as well - resulting in weight gain. To cure this, he gave up sugar and started taking NSS food himself, as a result of which he did not lose weight, on the contrary, he lost more. Whereas, in place of NSS, weight can be reduced by nutritious, balanced diet, regular active lifestyle, proper sleep and water.

If you want sweetness, then take natural sweet

Fruits also contain sweetness, minerals, vitamins and fibers. If they are consumed in the right quantity then sweet can be compensated. Dry fruits also get the support of sweetness. The reason why it is good to eat fruits is because all the natural qualities are present in it. Since the brain takes energy only in the form of glucose, it makes us feel refreshed after getting the energy obtained from them.

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