Evidence Suggests Low Calorie Sweeteners Don’t Trigger Hormones Involved in Appetite Control—They Just Taste Sweet

- The gut-brain axis is a continuous cycle that helps regulate our desires for food.
  - **BRAIN:** Controls appetite, hunger cues, desire to eat.
  - **GUT:** Releases hormonal triggers that help to regulate nutrient metabolism and signaling to the brain for appetite response.
- Research supports low calorie sweeteners have no effect on gut function or hormones to affect the gut-brain axis in controlling food intake.

![Diagram of the gut-brain axis](image)

**SIMPLE SUGARS**

- Uptake of energy (primarily glucose), hunger and fullness hormones released.

**LOW CALORIE SWEETENERS**

- No evidence of effect on hunger or fullness hormones. Sucralose, aspartame and ace-K have effects similar to water.

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1. The authors note that the data in humans is from mostly short-term studies, which may limit the findings, but conclude that “evidence remains lacking for effects [of LCS] on human gut function,” specifically noting a lack of evidence of effects on “gastric motility, gut hormones or appetitive responses.”

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