Study: High Doses of Saccharin Do Not Lead to Diabetes In Healthy Adults

Researchers clarify the science by isolating the effect of sugar substitutes from underlying conditions, diet choices and lifestyle habits

The Ohio State University Wexner Medical Center

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NEWS PACKAGE

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SUGGESTED TEASE	THE RECOMMENDATIONS BETWEEN SUGAR AND ARTIFICIAL SWEETENERS SEEM TO CONSTANTLY CHANGE, BUT A NEW STUDY OFFERS SOME CLARITY TO THOSE LOOKING TO MAKE THE HEALTHY CHOICE.
(PACKAGE START)	AS MORE AMERICANS MAKE AN EFFORT TO LIVE A HEALTHY LIFESTYLE, IT CAN BE DIFFICULT TO KEEP UP WITH WHAT YOU SHOULD AND SHOULDN'T EAT. ARTIFICIAL SWEETENERS HAVE BEEN CONTROVERSIAL AS THE USE OF THESE SUGAR SUBSTITUTES HAS SOARED OVER THE PAST DECADE. THOUGH SOME RESEARCH HAS SUGGESTED THEY LEAD TO SERIOUS HEALTH ISSUES LIKE DIABETES, A NEW STUDY¹ OFFERS SOME GOOD NEWS FOR THOSE TRYING TO REPLACE SUGAR WITH ARTIFICIAL SWEETENERS.
CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Kelly running	(Nats - Sound) :02 AS A REGISTERED DIETITIAN, KELLY SCULLY (SKULL-ee) STRIVES TO PRACTICE WHAT SHE PREACHES WHEN IT COMES TO A HEALTHY LIFESTYLE. :05
CG: Kelly Scully Uses artificial sweetener	"I try to have at least three to five servings of vegetables a day, and two servings of fruit a day. I'm also an active runner.":07
Shots of Kelly putting artificial sweetener in her coffee	TO LIMIT HER SUGAR INTAKE, SHE ENJOYS HER COFFEE WITH ARTIFICIAL SWEETENER, A SUBSTITUTE THAT HAS BEEN QUESTIONED BY SCIENTISTS FOR OVER A DECADE. :06
Kelly Scully (CG'd earlier)	"I think there's a lot of conflicting information out there on what's healthy for us, what's okay for us, what's okay

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to eat, what we should be avoiding.":07 "Recently a very high profile report² came out that CG: George Kyriazis, PhD suggested that artificial sweeteners can induce, rapidly, Ohio State Wexner Medical glucose intolerance by changing your gut microbiota.":12 Center TO RESOLVE THE CONFUSION, GEORGE KYRIAZIS (KEER-ee-AH-zis) AND HIS TEAM AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER Shots of lab work CONDUCTED A STUDY GIVING THE MAXIMUM RECOMMENDED AMOUNT OF THE COMMON ARTIFICIAL SWEETENER SACCHARIN TO HEALTHY ADULTS FOR TWO WEEKS. THIS ALLOWED RESEARCHERS TO ISOLATE THE EFFECTS OF THE SACCHARIN WITHOUT HAVING TO ACCOUNT FOR UNDERLYING CONDITIONS OR UNHEALTHY HABITS. THEY EXPECTED TO CONFIRM THAT THESE SUBSTANCES DO, IN FACT, CONTRIBUTE TO ADVERSE EFFECTS. :22 "But we didn't. We didn't see any changes at all in gut microbiota, and obviously we didn't see any changes in George Kyriazis (CG'd earlier) altering the metabolic profile of healthy individuals.":12 THE RESULTS GIVE CONSUMERS PEACE OF MIND THAT SACCHARIN DOESN'T DRIVE THE Shots of artificial sweetener DEVELOPMENT OF DIABETES AND IS A HEALTHIER products OPTION THAN ADDED SUGARS, WHICH ARE WELL DOCUMENTED TO CONTRIBUTE TO DIABETES, AS Shots of sugar WELL AS HEART DISEASE AND OBESITY.: 11 "At this point, there's no comparison in terms of the choice, I think. But again, like in everything else, in George Kyriazis (CG'd earlier) moderation.":07 SO KELLY WILL CONTINUE ENJOYING HER DAILY COFFEE AS IS. TRUSTING THE EVIDENCE THAT IT'S Shots of Kelly drinking coffee A HEALTHY CHOICE. AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :08 (PACKAGE END) -----FUTURE RESEARCH WILL STUDY EACH TYPE OF F-D-A APPROVED ARTIFICIAL SWEETENER ANCHOR TAG INDIVIDUALLY TO EXAMINE IF THERE ARE DIFFERENCES IN HOW THE BODY METABOLIZES THEM. THEY ALSO PLAN TO DO SOME LONG-TERM STUDIES TO ENSURE ARTIFICIAL SWEETENERS ARE SAFE FOR THOSE WHO USE THEM IN THEIR DAILY

SOCIAL MEDIA

LIVES.

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Artificial sweeteners or sugar – which is the better choice? A new study by @OSUWexMed offers some

clarity to those striving to live a healthy lifestyle. https://bit.ly/3fXEjNJ

Suggested post:

For those trying to eat healthier, the choice between sugar and artificial sweeteners can be difficult to navigate. A new study by researchers at The Ohio State University Wexner Medical Center offers some clarity on the safety of artificial sweeteners for healthy adults. https://bit.ly/3fXEjNJ

EXTRA BITES

Kyriazis says artificial sweeteners do not adversely affect healthy people:

"When you have a healthy diet, when you have a healthy population consuming a reasonable amount of artificial sweeteners, it's unlikely to deteriorate any health aspects or particularly glucose metabolism." :16

CG: George Kyriazis, PhD Ohio State Wexner Medical Center

Kyriazis says most people do not consume the amount of saccharin tested in the study:

"Even individuals that are heavy consumers, they are still way under the upper limit of consumption, which we use to show that there are no effects." :09

Kyriazis says lifestyle habits can affect the outcomes of nutrition studies:

"We know that different dietary patterns or different lifestyle habits or underlying physiological or pathophysiological conditions may affect the outcome of nutritional interventions." :15

Kelly says food labels can be confusing::

"Trying to understand and look at food labels and know what to point out. Which is identified as an artificial sweetener, what is sugar in disguise, or what is the stripped down product with nothing added to it, can be confusing." :12

Kelly says the taste of artificial sweetener helps her use less than sugar:

"I personally prefer the taste of artificial sweetener because it is so much more sweet than sugar. And I can get a better impact by using one packet of the artificial sweetener rather than using, perhaps, two or three packets of regular sugar." :13

CG: Kelly Scully
Uses artificial sweetener

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Uses artificial sweetener

Kelly says previous studies on artificial sweeteners lead some to consume too much sugar:

"Because of some of the stories about artificial sweeteners causing some damage to your health, some people do choose to use regular sugar rather than artificial sweeteners. But that could end up leading to certain chronic diseases down the road. Especially for people with diabetes, that can severely impact their blood sugar levels." :19

References

¹High-dose saccharin supplementation does not induce gut microbiota changes or glucose intolerance in healthy humans and mice, Microbiome, Article 11, January 12, 2021. Online: https://microbiomejournal.biomedcentral.com/articles/10.1186/s40168-020-00976-w

²Artificial sweeteners induce glucose intolerance by altering the gut microbiota, Nature, Issue 514, Sept, 2014. Online: https://www.nature.com/articles/nature13793#citeas

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