

# Artificially sweetened drinks

## - should they be encouraged for children?



Artificial sweeteners are used to replace sugar in food and drinks, adding sweet taste without providing any energy (kilojoules).

Artificially sweetened soft drinks/energy drinks provide very little nutrients and are **not recommended** for children -

- Artificially sweetened cordial and soft drinks are not recommended as they teach the habit of sweet drinks. Children exposed to heavily sweetened foods and or beverages over time, can develop a "sweet palate" and preference for these foods and drinks.
- The acid in these drinks contributes to dental decay by erosion of tooth enamel.
- Artificially sweetened soft drinks mimic heavily sweetened products, which have been banned for sale in school canteens.

There has been some concern in recent times regarding the safety of artificial sweeteners.

The Food Standards Australia and New Zealand (FSANZ) have reviewed the evidence regarding the safety of artificial sweeteners available in Australia and have decided that they are safe.

Although artificially sweetened drinks can be sold in NSW school canteens, they are banned in some other states.

**The best drinks for young people are water and milk.**

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