

What Should Consumers Do?

I've heard clients say they'll "just go back to regular soda" instead of drinking diet. Please don't. I believe there are far more negative health consequences of added sugar consumption than non-nutritive sweeteners (NNS).



The World Health Organization (WHO) advises those seeking weight reduction to avoid NNS but does not extend the recommendation to individuals with diabetes. Reducing sugar and NNS is the most optimal route over the long run and is what I always choose to do personally. Here are some tasty ways to reduce both:

- Swap out seltzer water in place of soda. It's fizzy without added color or artificial sweeteners. And it costs less!
- Add frozen or fresh fruit to plain yogurt and skip the stuff with fruit on the bottom or NNS.
- Use citrus or other juice to flavor or freshen the water. Cucumbers, berries, or watermelon juice are tasty, too.
- Drink iced tea with lemon instead of diet soda.
- Enjoy seasonal, frozen, or dried fruit in place of sugary treats. They can even be used to make pancake syrup.
- Try unsweetened iced coffee instead of sugary soda and energy drinks.