




Author, Year, Study Design, Class, Rating	Number of Subjects (gender)	Age	Population	Amount of Aspartame	Description of Study	Energy Balance / Weight Gain
Blackburn GL et al, 1997  Study Design: Randomized Controlled Trial  Class: A  Rating: 	163 women (82 to aspartame group; 81 to no aspartame group).	20 to 60 years.	Obese women.	Given aspartame in milk beverages; amount not specified.	Women followed <u>ADA</u> exchange list diet with 1,000±200kcal per day for 16 weeks of active dieting; followed by follow-up for two years.	Both groups lost about 10% body weight during 16 weeks of active dieting; the ASP group lost significantly more weight overall (P=0.028) and regained significantly less during maintenance and follow-up (P=0.046).
Butchko H et al, 2002  Study Design: Narrative Review  Class: R  Rating: 	N/A	N/A	N/A	Varied among studies.	In order to evaluate appetite, food intake and usefulness of aspartame in weight control, the investigators reviewed articles published between 1970 and 2002, and referenced in the MEDLINE, Chemical Abstracts, Science Citation Index, Biosis, Food Science and Technology abstracts, Agricola, and Toxline databases.	High intensity sweeteners such as aspartame can provide sweetness and palatability without adding calories and may facilitate control of body weight in individuals who are motivated.  Inpatient studies of non-dieting obese and normal weight individuals have demonstrated incomplete caloric compensation after covert replacement of sucrose with aspartame.
Kanders BS et al, 1988  Study Design: Randomized Controlled	59 (13 males, 46 females).	20 to 60 years.	Free-living healthy adult men and women.	Mean total daily aspartame consumption increased from 278mg at baseline to 311mg at week seven and to 383mg at week 12.	Subjects received 1,000kcal (females) or 1,200kcal (males) per day and were randomized to receive aspartame in milk exchanges or no aspartame in the diet. Subjects actively dieted for	Daily food intake in response to aspartame was not measured. However, all groups lost weight (no significant difference between groups).

<p>Trial</p> <p>Class: A</p> <p>Rating: </p>					<p>12 weeks.</p>	
<p>Klein D, Schebendach JE et al, 2009</p> <p>Study Design: Randomized Controlled Trial</p> <p>Class: A</p> <p>Rating: </p>	<p>13 women with bulimia nervosa (BN) and 11 healthy control subjects.</p>	<p>BN group: 24.45±1.55 years.</p>	<p>Eating disordered population compared with a healthy control group.</p>	<p>Crossover study measuring energy intake following consumption of experimental beverages consisting of beverages sweetened with a caloric sweetener (sucrose = 100g per L; Energy = 1,672 kJ per L) or a non-caloric intense sweetener (aspartame: 20mg per L, acesulfame K: 110mg per L, or saccharin: 30mg per L, energy = 0kJ per L).</p>	<p>To determine if women with BN will consume more solution (sweetened and unsweetened) during orosensory stimulation using modified sham feeding (MSF) than healthy women with no history of eating disorders.</p>	<p>Orosensory stimulation with artificial sweeteners produced greater intake of solution in the BN group than in the control group.</p>
<p>Knopp 1976</p> <p>Study Design: Randomized Controlled Trial</p> <p>Class: A</p> <p>Rating: </p>	<p>59 (93% female); final N=55 (7% attrition).</p>	<p>Age range 20 to 60 years.</p>	<p>Free-living healthy adult men and women.</p>	<p>Mean total daily aspartame consumption increased from 278mg at baseline to 311mg at week seven and to 383mg at week 12.</p>	<p>Subjects received 1,000kcal (females) or 1,200kcal (males) per day and were randomized to receive aspartame in milk exchanges or no aspartame in the diet. Subjects actively dieted for 12 weeks.</p>	<p>Daily food intake in response to aspartame was not measured. However, all groups lost weight (no significant difference between groups).</p>

<p>Tordoff MG, Alleva AM, 1990</p> <p>Study Design: Narrative Review</p> <p>Class: A</p> <p>Rating: </p>	<p>N=41 (68% male).</p>	<p>Females 28.2±2.7 and males 22.9±0.8.</p>	<p>Healthy adults.</p>	<p>590mg per day.</p>	<p>Subjects drank four 300ml bottles of soda daily but did not know whether or not it was sweetened with aspartame or high fructose corn syrup.</p>	<p>Calories consumed were 2,801±150 and 2,021±181 for sugar- and aspartame-sweetened colas, respectively. Subjects who drank regular colas had significantly higher calories. Subjects gained slightly, but significantly more weight after two weeks of drinking HFCS-sweetened soda than after the same period drinking aspartame-sweetened soda or no experimental soda. The difference was more marked after three weeks. Females lost significantly more weight than did males during the control (no soda) period. While drinking HFCS-sweetened soda, females gained significantly more weight (0.97±0.25kg, P&lt;0.01). There was no significant difference in weight gained by males.</p>
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