

Mayo Clinic Minute

Artificial sweeteners debate continues

VIDEO	AUDIO
.	<i>Sound of artificial sweetener packet being ripped open</i>
	They satisfy a craving, but do they come with a cost?
	Artificial sweeteners have been a tool to reduce calorie intake.
	But Mayo Clinic dietitian Kate Zeratsky says research continues about how these sweeteners affect appetite. In one example, an Australian study recently revealed how the brain senses and integrates the sweetness and calories in food.
Title: KATE ZERATSKY DIETITIAN Mayo Clinic	When we consume artificial sweeteners, our brain gets the message that we ate something sweet; yet, it doesn't have any calories to pair it to.
	And, so,
	We might have a greater desire for more sweet later on.
	<i>Sound of coffee being poured</i>
	Zeratsky expects the sweetener debate to continue.
	Artificial sweeteners, for some, can be a way to balance sugar intake, calorie intake and weight.
	However, you can consume regular sugar. And, if it's satisfying, and your overall sugar intake for the day is not excessive, that might be a better route for you.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.