

Daily consumption levels of non-nutritive sweeteners in school age children from the Valparaiso region [Niveles de ingesta diaria de edulcorantes no nutritivos en escolares de la región de Valparaíso]

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Introduction: Artificial sweeteners are substances that do not provide energy and are added to foods to provide a sweet taste. Sweeteners are used to replace sugar either in part or entirely. Objective: To determine the consumption of artificial sweeteners in school children 6 to 14 years of age in the Valparaiso Region of Chile and to compare consumption according to nutritional status. Methods: 281 students of both sexes underwent anthropometric assessment (weight and height) and completed a food survey on the consumption of sweeteners. Results: 100% of students consume foods or products containing artificial sweeteners, although no student consumed more than the maximum allowed. When comparing by nutritional status, obese children, compared to those with normal weight had a higher consumption of sucralose, aspartame, saccharin and acesulfame potassium ($p < 0.05$). Conclusion: The intake of sweeteners is massive, but consumption does not exceed permitted levels in this study sample.

Artificial sweeteners

Aspartame

Nutritional status

Saccharin

Students