Response by Pase et al to Letter Regarding Article, “Sugar- and Artificially Sweetened Beverages and the Risks of Incident Stroke and Dementia: A Prospective Cohort Study”

In Response:

We thank R.B. Klein for his letter. Our article stated that “artificially-sweetened beverages are typically sweetened with non-nutritive sweeteners such as saccharin, acesulfame, aspartame, neotame or sucralose. At the time of FFQ (food frequency questionnaire) administration in this study, saccharin, acesulfame-K, and aspartame were FDA approved whereas sucralose was approved in 1999, neotame in 2002 and stevia in 2008. Collectively, these synthetic substances are much more potent than sucrose, with only trace amounts needed to generate the sensation of sweetness.” In this statement, it was incorrect of us to inadvertently conflate the terms non-nutritive and artificial; stevia sweeteners can be described as natural because they are derived from the leaves of the stevia plant. Because stevia sweeteners were not Food and Drug Administration approved for use at the time the data used in our article were collected, stevia use in diet drinks was unlikely to have influenced our results.

Disclosures

None.