

## Low-calorie sweeteners ‘poison’ for expecting mothers? Epidemiologist says that’s unlikely

[News sources around the globe have been](#) calling out warnings about a new study that appears to have shown that low-calorie sweeteners are not just a great way to get sweetness into your life, but basically poison for expecting mothers and their children.

It’s a story we love to hear, because it speaks to the very real fear of pollutants that we all instinctively connect with. It’s a fear that has people around the world worried about things they can’t pronounce, and it’s the [main selling-point of organic food](#).

**[Editor’s note: Gideon Meyerowitz-Katz is an epidemiologist at the University of Wollongong in Australia.]**

On the one hand, we love them because they allow us to indulge in delicious liquid candy without the sugary guilt. On the other, we hate them because they are *scary chemicals* that inevitably inspire enough fear and disgust to warrant a news splash [at least once a month](#) on [how terrible](#) they truly are.

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Rats are not people. Minor harms demonstrated in a few rodents [won’t necessarily translate](#) into definitive issues for real human beings. Pre-clinical research like this is useful for identifying potential mechanisms of harm, but since the [best evidence](#) we’ve got at the moment [doesn’t show](#) that artificial sweeteners are particularly bad it’s not adding much to the equation.

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