

Aspartame - Maybe NOT So Sweet.

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Consuming aspartame, an artificial sweetener found in diet sodas and other food products, *may* be linked to an increased risk of cancer. The decision by the World Health Organization to list aspartame as a carcinogen has faced criticism from other researchers and from the US FDA. Research used to support the decision shows that high levels of aspartame could possibly lead to the development of certain types of cancer, especially in people who are already susceptible to the disease. The amounts of aspartame thought to increase cancer risk are higher than those consumed by the vast majority of people. While aspartame has been listed by the World Health Organization as a possible carcinogen, it's important to note that more research is needed to fully understand the relationship between aspartame and cancer.

Source

<https://news.yahoo.com/aspartame-may-increase-cancer-risk-203943667.html>