

As part of a new study published in the journal *Neurology*, experts studied the diet of more than 12,700 adults in Brazil. It turned out that those who consumed the most low -calorie or non -calorie sweeteners, for eight years, have worsened memory and mental abilities faster.

In the framework of the new scientific work, researchers appreciated the seven sweeteners, which are usually found in dietary soda, flavored waters, yogurts and low -calorie desserts. This is aspartam, sugar, potassium acesulfam, erytritis, xylit, sorbitol and tagatosis.

All of these sweeteners, except for Tagatose, were associated with a deterioration in cognitive abilities. Especially memory and fluidity of speech.



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Research participants, depending on the consumption of sweeteners, were divided into three groups. For those who consumed them the most per day (about 191 mg, which is equivalent to the dietary soda to the content of the aspartam), the brain disturbances occurred 62% faster than people who received the least sweeteners. This corresponds to about 1.6 additional years of aging. This effect was especially pronounced in people under 60 years old and participants with diabetes.

Scientists have found that artificial sweeteners accelerate brain
aging

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