

Potential Adverse Effects

Of Excess Artificial Sweetener Consumption



Excess maternal consumption of soda with artificial sweeteners during pregnancy may increase the child's risks of the following effects.

Preterm birth



Mid-childhood asthma



Poor non-verbal skills



Mid-childhood obesity



Poor cognitive skills



References:

1. Association between intake of artificially sweetened and sugar-sweetened beverages and preterm delivery: a large prospective cohort study; NCBI
2. Prenatal and Early Life Fructose, Fructose-Containing Beverages, and Midchildhood Asthma; ATS Journals
3. Associations of Prenatal and Child Sugar Intake With Child Cognition; American Journal of Preventive Medicine
4. Beverage Intake During Pregnancy and Childhood Adiposity; American Academy of Pediatrics