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ativar office pelo bloco de notas. A: Existe a possibilidade de usar o Wine para o Office 2010 instalado no Windows 10 (ou que precise baixar): Instale o Wine Abra o Aplicativo Wine Estraga o Office do CD ou DVD Copie os arquivos do Office para o seu computador Inicie o programa Wine na pasta do Office Artificial sweeteners aren't totally safe for humans, but they're also less toxic than just consuming sugar, the American Heart Association reports. Some beverages contain aspartame, sucralose, or other artificial sweeteners, which are chemically similar to sugar, but aren't. And studies show that they're not much of a threat to heart health. "We know that these [artificial sweeteners] are safe," said Dr. Sidney F. Tworoger, president of the American Heart Association. "And we know that they are preferable to added sugar, and therefore to added calories." (Yup, added sugar is a big heart risk, as outlined in our New Year's resolution guide.) But consuming them in moderation isn't a bad idea, he says, and no one should avoid them. First, there's the amount of artificial sweetener in food. On average, most Americans consume two teaspoons of added sugars per day, according to the Centers for Disease Control and Prevention (CDC). That's not much, but the CDC says the sweetener can add up over time. The American Heart Association recommends limiting added sugars to 10 percent or less of daily calories. Artificial sweeteners offer health benefits because they help lower blood sugar, the CDC says. If you consume them in moderation, you can also lower your risk of heart disease. "Aspartame is really a low-calorie sweetener that works similarly to sugar, and can help you stay on a weight-loss plan," Tworoger said. "However, it can also help with weight control, so you might be able to eat a little bit of it and still eat less overall calories." Artificial sweeteners are also safe for diabetics, people with hypoglycemia, and anyone with an autoimmune disease like

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