

Low-Calorie Sweeteners: Update on Health & Safety



ILSI North America and ILSI Europe Session

21st International Congress of Nutrition

Tuesday, 17 October 2017

| 11:30 – 13:30

| Buenos Aires, Argentina

Low-calorie sweeteners (LCS) are ingredients used in formulating foods and beverages to reduce their sugar and caloric contents. Questions have been raised in the popular press and by public health communities regarding their potential benefits and safety. This session will focus on common frameworks for addressing such questions. Systematic reviews with meta-analyses, the gold standard for evaluating a body of research regarding diet and health, will be discussed. Such reviews have been used in dietary guidance development by the World Health Organization in evaluating evidence on research questions regarding sugars and health. The latest systematic reviews examining the relationship of LCS intake with weight and glycemic response will be presented. Additionally, the global frameworks for regulatory and safety evaluations will be addressed. Finally, research exploring the science of sweet taste and implications for the use of LCS will be discussed.

Agenda

- 11:30 [Opening Remarks: State of the Science on Low-Calorie Sweeteners](#)
Session Chair: Peter Rogers, PhD, RNutr
Bristol University, United Kingdom
- 11:35 [Low-Calorie Sweeteners and Weight – A Systematic Review of Human and Animal Studies](#)
Peter Rogers, PhD, RNutr
Bristol University, United Kingdom
- 12:00 [Low-Calorie Sweeteners and Glycemic Response](#)
Xavier Pi-Sunyer, MD, MPH
Columbia University Medical Center, USA
- 12:25 [Global Safety and Regulatory Processes for the Evaluation of Low-Calorie Sweeteners](#)
Ashley Roberts, PhD
Intertek Regulatory & Scientific Consultancy, Canada
- 12:50 [Sweet Taste and Implications with Low-Calorie Sweetener Use](#)
France Bellisle, DSc
Université Paris, France
- 13:15 [Concluding Panel Discussion](#)
- 13:30 [Adjourn](#)

The International Life Sciences Institute (ILSI) is a nonprofit, worldwide organization whose mission is to provide science that improves human health and well-being and safeguards the environment.

1156 Fifteenth Street NW | Suite 200 | Washington, DC | 20005-1743
+1 (202) 659-0074 | info@ilsi.org | www.ilsi.org/event/21st-international-congress-of-nutrition

Social Media Toolkit

ILSI North America and ILSI Europe Session



Start the Conversation!

Low-Calorie Sweeteners: Update on Health & Safety, sponsored by ILSI North America and ILSI Europe, is using Twitter to reach a global audience. This year's session focuses common frameworks for assessing the potential benefits and safety of low-calorie sweeteners (LCS). The latest systematic reviews examining the relationship of LCS intake with weight and glycemic response will be presented, along with research exploring the science of sweet taste and their implications for the use of LCS.

Key Social Media Accounts

The ILSI North America Twitter handle is [@ILSI_NA](#)

The ILSI Europe Twitter handle is [@ILSI_Europe](#)

[#ICN2017](#) is the preferred hashtag for ICN.

www.ilsi.org/low-cal-sweeteners/ is the session webpage.

Engage with Session Speakers



Peter Rogers, PhD, RNutr
Bristol University
([@BristolUni](#))



Xavier Pi-Sunyer, MD, MPH
Columbia University
Medical Center



Ashley Roberts, PhD
Intertek Regulatory &
Scientific Consultancy
([@Intertek](#))



France Bellisle, DSc
Université Paris
([@U_PSud](#))

Example Tweets

-  Join the discussion on low-calorie #sweeteners at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI #Nutrition @ILSI_NA @ILSI_Europe
-  Speakers fr @BristolUni @Intertek @u_psud discuss #lowcal #sweeteners at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI
-  Get the latest on #diet research evaluation! Experts fr @BristolUni @Intertek @u_psud meet at #ICN2017 - www.ilsi.org/event/icn2017
-  How do we evaluate #diet research? Learn fr @BristolUni @Intertek @u_psud experts at #ICN2017 - www.ilsi.org/event/icn2017
-  Experts discuss frameworks for #safety evals of #lowcal #sweeteners - www.ilsi.org/event/icn2017 #ICN2017 @ILSI_NA @ILSI_Europe
-  Dr. Rogers of @BristolUni discusses human & animal studies on #lowcal #sweeteners - www.ilsi.org/event/icn2017 #ICN2017 #ILSI
-  Dr. Roberts of @Intertek discusses global #safety of lowcal #sweeteners at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI