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

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



Bristol University (@BristolUni)



Peter Rogers, PhD, RNutr Xavier Pi-Sunyer, MD, MPH Columbia University Medical Center

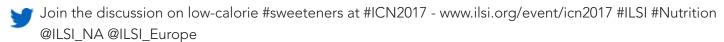


Ashley Roberts, PhD Intertek Regulatory & Scientific Consultancy (@Intertek)



France Bellisle, DSc Université Paris (@U PSud)

Example Tweets





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