



Advances in Research & Practice

Non-nutritive Sweeteners & Health :

Unravelling the Evidence & Controversy

JOIN US

For this one-day thematic conference as we address the role of Non-nutritive Sweeteners (NNS) as a replacement for sugars, summarize the evidence on NNS and health outcomes, and reconcile the discrepancies.

TAKING PLACE AT:

DoubleTree by Hilton Toronto Downtown
108 Chestnut Street, Toronto ON



Individual and Group
Live streaming options
available

CHECK OUT OUR GROUP RATES!! IDEAL FOR
UNIVERSITY AND CLINICAL GROUP SETTINGS!



POLICY STRATEGIES

Identify and appreciate different policy strategies for total/free sugars reduction in Canada and globally.



UNDERSTANDING NNS

Know what non-nutritive sweeteners (NNS) are, whether they are safe to use and public perceptions surrounding their use and safety.



CONSOLIDATE EVIDENCE

Reconcile inconsistencies in the evidence on NNS and health from clinical trials and observational studies that form the basis of NNS guidelines.



EXPLORE MECHANISMS

Understand putative biological mechanisms linking NNS to health outcomes and metabolic effects of different types of NNS.

CONFERENCE PROGRAM

SEGMENT 1

Sugars reduction - where are we and what do we need to do?

SEGMENT 2

Role of Sweeteners - Are they safe? What are the perceptions?

SEGMENT 3

What is guidance saying: Public Health vs. Clinical Practice?

SEGMENT 4

Mechanisms: Is there biological plausibility?

SESSION SNEAK PEEK:

Policies targeting sugar consumption in Canada and globally

Speaker: Lana Vanderlee, PhD - Centre NUTRISS (Nutrition, santé et société), Université Laval

Low Calorie Sweeteners: Consumer Safety Concerns, Efficacy, and Role in the Diet

Speaker: Richard D. Mattes, MPH, PhD, RD - Nutrition Science, Purdue University

Public Health Guidance on use of Non-nutritive Sweeteners: From research to real world implications

Speaker: Russell de Souza, RD, ScD - McMaster University

Mechanisms Low Calorie Sweeteners May (or May Not) Influence Energy and Glycemic Regulation

Speaker: Kelly A. Higgins, PhD MPH - Chemical Regulatory & Food Safety, Exponent Inc.



REGISTER TODAY!



<https://thematic2024.cns-scn.ca>

NOW ACCREDITED!



College of Family Physicians of Canada - Mainpro+: (Cert ID# 201555-001)
Royal College Maintenance of Certification Section 1

Attendees will receive a letter of accreditation following the conference.