

Advances in Research & Practice

Non-nutritive Sweeteners & Health:

Inravelling 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

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 3

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

SEGMENT 4

SEGMENT 2

Sweeteners -

Are they safe?

What are the

perceptions?

Role of

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

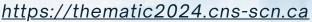
Speaker: Russell de Souza, RD, ScD - McMaster University

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!









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