

LOW/NO CALORIE SWEETENERS - APPETITE AND WEIGHT CONTROL

A YEAR AFTER THE WHO GUIDANCE (2023) ON THE USE OF NON-SUGAR SWEETENERS, WHICH CALLED FOR NEW RESEARCH, NEW STUDIES WERE PRESENTED AT THE EUROPEAN CONGRESS ON OBESITY (ECO) WHICH SHOWED BENEFITS OF LOW/NO CALORIE SWEETENERS

THE SWEET PROJECT → ACUTE AND MEDIUM TERM TRIALS

FOODS WITH LOW/NO CALORIE SWEETENERS IMPROVED GLUCOSE CONTROL AND HAD NO IMPACT ON APPETITE VS. A SUGAR-SWEETENED CONTROL.

THE SWITCH TRIAL → LONG-TERM TRIAL

STUDY OF 493 PARTICIPANTS WITH OVERWEIGHT/ OBESITY FOUND THAT THOSE CONSUMING LOW/NO CALORIE SWEETENED BEVERAGES VS THOSE DRINKING ONLY WATER HAD:

✓ -GREATER WEIGHT LOSS MAINTENANCE OVER 1 YEAR

♥ -SIMILAR IMPROVEMENT IN
CARDIOMETABOLIC RISK FACTORS

VICKY PYROGIANNI, INTERNATIONAL SWEETENERS ASSOCIATION (ISA), EXPLORES THIS AND MORE RESEARCH IN OUR BLOG

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