The science of low calorie sweeteners
- separating fact from fiction

A British Nutrition Foundation Conference

Thursday 15th April 2010

The Royal Society, 6-9 Carlton House Terrace, London SW1Y 5AG

PROGRAMME

09.15 – 09.45 REGISTRATION AND COFFEE

09.45 – 09.55 Welcome from the Chairs
Professor Judy Buttriss, British Nutrition Foundation and Professor John Blundell, Institute of Psychological Sciences, University of Leeds

SESSION 1

09.55 – 10.15 Setting the scene – current public health challenges
Professor Judy Buttriss, British Nutrition Foundation

10.15 – 10.50 The science behind our desire for sweet taste
Professor Adam Drewnowski, University of Washington Centre for Obesity Research

10.50 – 10.55 Q&A

10.55 – 11.15 COFFEE BREAK

SESSION 2

11.15 – 11.50 Low calorie sweeteners – what they are, what they do and how they work
Professor Tom Sanders, King’s College London

11.50 – 12.25 The safety of low calorie sweeteners
Professor Andrew Renwick, School of Medicine, University of Southampton

12.25 – 12.55 How, where and why low calorie sweeteners can be used in food and drinks
Mary Quinlan, Manager, Sweetener Technology Development, Tate & Lyle
12.55 – 1.00  Q&A
1.00 – 2.00  LUNCH

SESSION 3

2.00 – 2.35  The role of low calorie sweeteners on appetite and satiety
Dr France Bellisle, Faculty of Medicine, Université Laval, Quebec, Canada

2.35 – 3.10  The role of low calorie sweeteners in weight control and diabetes management
Professor Nick Finer, Department of Medicine University College London

3.10 – 3.25  The impact of small changes in diet and lifestyle on weight management: The America on the Move family study
Dr Colette Shortt, McNeil Nutritionals Ltd

3.25 – 3.30  Q&A

3.30 – 3.45  TEA BREAK

SESSION 4

3.45 – 4.00  What do consumers really think about sweeteners?
Ailbhe Fallon, Fallon Currie Consulting, London

4.00 – 4.30  Panel discussion – separating fact from fiction: an opportunity to discuss the science behind the media headlines
Panelists: Professor Tom Sanders, Professor Andrew Renwick, Professor Nick Finer, Catherine Collins (Principal Dietitian, St George’s Hospital NHS Trust) and Brigid McKevith (Nutrition Manager, Cereal Partners UK).