



22nd IUNS-ICN  
INTERNATIONAL CONGRESS OF  
NUTRITION IN TOKYO, JAPAN  
DECEMBER 6-11, 2022

## Satellite Symposium

### Changing guidelines on non-sugar sweeteners and health: Where do we go from here?

#### Location

Tokyo International Forum, G409, Tokyo, Japan

#### Online

Zoom (<https://utoronto.zoom.us/j/82819703054>)

YouTube (live link will be provided 30 minutes prior to the event at  
<https://www.facebook.com/Toronto3DKnowledgeSynthesisandClinicalTrialsUnit/>)

#### Date/time:

December 06, 2022 from 9:00-11:00 JST

#### Program

Changing guidelines on non-sugar sweeteners and health: Where do we go from here?

Chairs: Cyril Kendall (Canada), Dan Ramdath (Canada)

09:00 – 09:05 Welcome and introduction

09:05 – 09:35 WHO draft guideline: Main takeaways and implications for achieving sugars reduction targets (Anne Raben, Denmark)

09:35 – 10:05 Other international guidelines on non-sugar sweeteners and health: Disentangling the

sources of disagreement (John Sievenpiper, Canada)

10:05 – 10:35 Safety of non-sugars sweeteners: Reconciling public health and safety assessments  
(Dr. Rebeca López-García, Mexico)

10:35 – 11:00 Panel discussion (All speakers)

## Chairs



**Dr. Cyril WC Kendall** is a Senior Research Associate in the Department of Nutritional Sciences, Temerty Faculty of Medicine, University of Toronto, and the Clinical Nutrition and Risk Factor Modification Center, St. Michael's Hospital, and an Adjunct Professor in the Division of Nutrition and Dietetics, College of Pharmacy and Nutrition at the University of Saskatchewan. He was educated at the University of Toronto, where he obtained his Honors BSc, MSc and PhD. His primary research interest is the role of diet in the prevention and treatment of chronic disease. Dr. Kendall has over 200 publications in peer-reviewed medical journals. His research on the Portfolio Diet, which combines cholesterol-lowering food components, has been included in the US National Cholesterol Education Program (ATP III) and the Canadian Cardiovascular Society guidelines as an effective dietary strategy for cholesterol reduction. He has also conducted much research on the role of healthy dietary patterns, including low glycemic index diets, in the control of type 2 diabetes. To make therapeutic diets more accessible, he has worked with the food industry to develop products for the supermarket with specific health attributes. Dr. Kendall is a founding member of the International Carbohydrate Quality Consortium (ICQC), Vice Chair of the Diabetes and Nutrition Study Group (DNSG) of the European Association for the Study of Diabetes (EASD), on the Clinical Practice Guidelines Expert Committee for Nutrition Therapy of the EASD and is a Director of the Toronto 3D Knowledge Synthesis and Clinical Trials



**Dr. Dan Ramdath** is a Senior Scientist and Associate Director RDT at Agriculture and Agri-Food Canada and an Adjunct Professor at the University of Saskatchewan. He has a PhD in Human Nutrition with postdoctoral training in Clinical Biochemistry. His research focuses on clinical trials and knowledge translation for health policy. Dan was previously Professor and Head, Preclinical Sciences, University of the West Indies, Trinidad. His early research led to the development of F100 therapeutic feed for severe malnutrition and to a standardized method for measuring Glycemic Index of foods. He was involved in preparing clinical practice guidelines for diabetes and hypertension. More recently, Dan prepared the working draft of the Caribbean DRI Guidelines. Dan served on WHO/PAHO Technical Committees for healthy eating, is a Scientific Advisor to the Caribbean Public Health Agency and was Vice Chair of WHO/PAHO Expert Committee to establish a Nutrient Profiling Model for the Americas. He is a Commonwealth Medical Fellowship winner and University of the West Indies Distinguished Alumni.

## Speakers



**Dr. Anne Raben** is Ph.D. in Human Nutrition and Professor in the section for Preventive and Clinical Nutrition, Department of Nutrition, Exercise and Sports, SCIENCE, University of Copenhagen. She is also Senior Researcher in Clinical Research, Copenhagen University Hospital - Steno Diabetes Center Copenhagen, Denmark. She has solid experience with small, short-term and large, long-term clinical intervention studies within obesity, diabetes and related diseases. Especially, the role of different dietary compositions, macronutrients, and hereunder carbohydrates (glycemic index, sucrose/starch, non-caloric sweeteners) has been in focus. Recently, she was Project Coordinator of the large multinational EU FP7 project “PREVIEW”, Prevention of Diabetes through lifestyle Intervention and populations studies in Europe and around the World ([www.previewstudy.com](http://www.previewstudy.com), 2013-18). Currently, she is co-coordinator and work package leader of a 1-y intervention study in the Horizon-2020 project “SWEET” ([www.sweetproject.eu](http://www.sweetproject.eu), 2018 – 2023) focusing on the impact of sweeteners and sweeteners

enhancers on health, obesity, safety and sustainability. She has (co-)authored 198 scientific papers and has an H-index of 57.



**Dr. John L Sievenpiper** is a Clinician Scientist who holds appointments as an Associate Professor in the Departments of Nutritional Sciences and Medicine and the Lifestyle Medicine Lead in the MD Program at the University of Toronto. He is also Staff Physician in the Division of Endocrinology & Metabolism, Scientist in the La Ka Shing Knowledge Institute, and Lead of the Toronto 3D Knowledge Synthesis and Clinical Trials Unit at St. Michael's Hospital. Dr. Sievenpiper completed his MSc, PhD and Postdoctoral Fellowship training in the Department of Nutritional Sciences at the University of Toronto. He completed his MD at St. Matthew's University followed by Residency training in Medical Biochemistry at McMaster University leading to his certification as a Fellow of the Royal College of Physicians of Canada (FRCPC). He has established an internationally recognized research program focused on using randomized controlled trials and epidemiological approaches to address questions of clinical and public health importance in relation to diet and cardiometabolic disease prevention with a particular interest in the role of sugars and non-sugar sweeteners, carbohydrate quality, and plant-based dietary patterns. He is directly involved in knowledge translation and guidelines development with appointments to the nutrition guidelines' committees of Diabetes Canada, European Association for the study of Diabetes (EASD), Canadian Cardiovascular Society (CCS), and Obesity Canada. He is the recipient of numerous awards including an Insulin 100 Emerging Leader Award, Khursheed Jeejeebhoy Award, CNS Young Investigator Award, PSI Foundation Graham Farquharson Knowledge Translation Fellowship, Diabetes Canada Clinician Scientist Award, Banting & Best Diabetes Centre Sun Life Financial New Investigator Award, and CIHR-INMD/CNS–New Investigator Partnership Prize. He has authored > 240 scientific papers and 17 book chapters.



**Dr. Rebeca López-García** has been an independent consultant in the areas of food safety, toxicology, regulations and crisis management for almost 20 years. She has worked with organizations such as the United States Agency for International Development (USAID), the United Nations Food and Agriculture Organization (FAO); universities such as the University of Arizona, Michigan State University, New Mexico State University and Universidad La Salle; and companies around the world. Rebeca has been a guest lecturer on Latin American food regulations for Michigan State University since 2002. Dr. López-García belongs to the scientific advisory board of food and beverage companies. She has been instrumental in the regulatory approval of several food additives and novel ingredients in Latin American countries. In 1998, she received a Ph.D. in Food Science and Toxicology from Louisiana State University.