



Sweeteners: health, obesity, safety and sustainability



27.Jun - 29.Jun 2022

Cod. 008-22

Mod.:

Streaming Face-to-face

Edition

2022

Activity type

Summer course

Date

27.Jun - 29.Jun 2022

Location

Miramar Palace

Languages

English

Academic Validity

30 hours

Web

<https://sweetproject.eu/>

Organising Committee



Description

Sweeteners and their use in food processing and for health purposes is a subject generating nowadays big controversia, mainly because the real effects of the use of Sweeteners and Sweetness enhancers on health are still unknown. In addition, the regulatory framework and consumers's perceptions of sweeteners and the use of these food ingredients is also under development. Given these premises, the EU funded the SWEET consortium, with the main aim of identifying and addressing the barriers and facilitators to the use of sweeteners and sweetness enhancers (S&SEs), as well as to examining the risks and benefits of using S&SEs to replace sugar in the diet in the contexts of health, obesity, safety and sustainability.

This Summer Course will serve as a channel for communicating to scientists, health professionals and general public the new findings on the use, acceptance and barriers within S&SEs use.

Objectives

To offer the last updates on sweeteners research on health and weight management. How their use may help to maintain good health indicators or weight control.

To inform patients and caregivers on how sweeteners may affect appetite, microbiota and other metabolic factors.

To explain how food technology is integrating the use of S&SEs in foods, and the origin of this S&SEs, either plant-based or artificial.

To widen the knowledge of consumers' perceptions, barriers and facilitators for the use of S&SEs, as well as to give light to regulatory aspects and dissemination strategies.

Course specific contributors



Program

27-06-2022

09:00 - 09:15	Registration
09:15 - 09:25	Institutional Opening session. Speaking order: Jason Halford EASO - President Anne Raben - University of Copenhagen - Professor J. Alfredo Martínez Universidad de Navarra - Professor
09:25 - 10:10	"Evidence of the role of sweeteners on appetite and metabolism emerging from systematic reviews" Santiago Navas Carretero University of Navarra - Researcher
10:10 - 10:55	"The role of non-caloric sweeteners in body weight regulation and glycemic control - Facts, myths and current research" Anne Raben - University of Copenhagen - Professor
10:55 - 11:40	"Sweet Taste: Hedonic Impact and Control Over Food Intake" Graham Finlayson University of Leeds - Professor
11:40 - 12:10	Coffee Break
12:10 - 12:55	"Sweeteners, microbiota and metabolic health" Ellen Blaak University of Maastricht - Professor
12:55 - 13:40	"Sweet Tooth" Kees de Graaf Wageningen University - Professor
13:50 - 14:00	Synthesis

28-06-2022

09:00 - 09:45	"Sucrose functionality in fine bakery ware and impact of sucrose substitution on nutrition and sensory profiles " Alain Le-bail Oniris - Professor (Participation by zoom)
10:00 - 11:00	"Production, efficacy and safety of novel plant based sweeteners and blends" Corey Scott Cargill Ltd - Scientist
11:00 - 11:30	Coffee Break
11:30 - 12:00	"Consumption habits and acute effects of sweet beverage intake on appetite, metabolism and gastro-intestinal symptoms. Overview" Eva Almirón Roig University of Navarra - Professor

12:00 - 12:30	<p>“Consumption habits and acute effects of sweet beverage intake on appetite, metabolism and gastro-intestinal symptoms. Results of the Beverages Study”</p> <p>J. Alfredo Martínez University of Navarra - Professor</p>
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12:30 - 13:15	<p>“Sweeteners Research: Using LinkedIn for impact in science”</p> <p>Sheree Bryant European Association for the Study of Obesity (EASO) - Scientist</p>
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13:15 - 13:45	Synthesis
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29-06-2022

09:00 - 09:45	<p>“The EU regulatory framework for introduction of new S&SEs and impact on research and innovation”</p> <p>Monique Raats University of Surrey - Professor</p>
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09:45 - 10:30	<p>“Population based evidence about Sweeteners intake”</p> <p>Edith Feskens Johanna Wageningen University - Professor</p>
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10:30 - 11:15	<p>“There is much to learn about the sustainability of sweeteners “</p> <p>James Suckling University of surrey - Professor</p>
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11:15 - 11:45	Coffee Break
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11:45 - 12:30	<p>“The role of mass and social media in promoting risks and benefits of Sweeteners & Sweetness Enhancers”</p> <p>Monique Raats Newcastle University - Scientist</p>
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12:30 - 13:00	<p>Closing session</p> <p>Anne Raben - University of Liverpool - Professor</p>
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Directed by



J. Alfredo Martínez

IMDEA Alimentación, Universidad de Valladolid y RINN22

Doctor in Nutrition, as well as a pharmacist and medical degree. He has been Professor of Nutrition at the University of Navarra and currently at the University of Valladolid. He is director of the Precision Nutrition Program at IMDEA Alimentación and has participated in several nutritional trials (12 projects) of reference in the EU, such as DIOGENES, SEAFOODplus, NUGENOB, FOOD4ME, STOP, PREVIEW and SWEET, and in national consortia such as PREDIMED and CIERobn, whose results and conceptual contributions have been published in the most relevant medical and scientific journals, such as NEJM, Lancet, Nature Endocrinology, BMJ, AJCN, Circulation, JAMA, Obesity Reviews, etc. , with more than 35,000 citations. He has supervised more than 90 doctoral theses and has published more than 950 articles in the areas of Obesity, Nutrition and Nutritional Epidemiology, including precision nutritional omics (Factor H > 115). He has been president of the International Union of Nutritional Sciences (IUNS) and has received several major awards, including the Hippocrates and Dupont awards.



Santiago Navas Carretero

Universidad de Navarra, Investigador

Santiago Navas-Carretero holds a grade in pharmacy by the Universidad Complutense de Madrid (2002) and a PhD in Nutrition (2007) in the same University, with the honors of European Doctor. He started working in the University of Navarra in 2008, where he has developed his research since then. Currently he is researcher in the Center for Nutrition Research. He is the principal investigator in various research projects and contracts (Nutriprecisión, MedKids, ALINFA and CORALS), apart from taking part as researcher in numerous studies at regional, National and International Level, where his participation in the 7th Framework Programme and H2020 is demonstrated through Food4Me, PREVIEW and SWEET. In addition, he has authored/co-authored more than 120 scientific research articles or book chapters.

Teachers



Eva Almirón Roig



Ellen Blaak

Prof. Ellen Blaak is Professor of Human Biology at the Department of Human Biology since 2007 and is Chair of the Department of Human Biology. Her research focuses on the role of disturbances in fatty acid metabolism and interorgan cross-talk (gut-adipose tissue-muscle metabolism) in the aetiology of obesity and type 2 diabetes mellitus (>350 publ) as well as the impact of nutritional or lifestyle intervention to reverse these changes. She is member of the Nutrition committee of the Dutch Health Council and of several advisory board/grant evaluation committees. She obtained funding from among others the Netherlands Organisation for Scientific research/Dutch Diabetes Research Foundation/EU as a PI for 30 research projects and has supervised more than 30 PhD theses.



Sheree Bryant

Sheree Bryant is Director of Communications for the European Association for the Study of Obesity and provides communications and dissemination support to the SWEET project.



Kees de Graaf



Edith Feskens Johanna

Wageningen University



Graham Finlayson

University of Leeds



Alain Le-bail



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Monique Raats

University of Surrey, Professor

Professor Monique Raats is Director of the University of Surrey's Food, Consumer Behaviour and Health (FCBH) Research Centre. FCBH research domains include: food-related behaviour and policy interventions (such as labelling, health claims) to achieve sustainable and healthy lifestyles; social, policy and ethical issues relevant to the grand societal challenges such as sustainability and obesity; study of food systems from the perspective of significant actors and stakeholders within the system; methodologically advancing the field of food consumer science through exploring novel sources of data and methods of data linking. She previously worked at the Institute of Food Research, Health Education Authority and University of Oxford. Her expertise is in the area of public health and behavioural nutrition research, gained on a variety of projects. Her research is wide ranging both in terms of topics covered (e.g. food choice, policy development, food safety) and methodologies used (e.g. qualitative, quantitative, stakeholder consultation). To date she has published over 140 refereed papers, other publications including 20 book chapters and edited two books ("The Psychology of Food Choice" and "Food for the Ag(e)ing Population").



Anne Raben -

University of Copenhagen



Corey Scott



James Suckling

University of Surrey

Dr James Suckling is a Research Fellow at the Centre for Environment and Sustainability, within the University of Surrey, UK. He trained as a physicist, before working for 6 years in R&D at Sharp. He has worked in sustainability for 6 years and researched diverse topics including circular economy models for mobile phones, up-scaling of niche innovations in the water-energy-food nexus, rearing insects for food and feed, and upscaling of smart local energy systems. All his research in CES has had a multi-disciplinary focus, including technical and social aspects throughout. He has expertise in life cycle assessment. His latest role is on the EU Horizon 2020 funded SWEET Project, researching the sustainability of replacing sugar with sweeteners and sweetness enhancers in food and drink.

Registration fees

FACE-TO-FACE	UNTIL 27-06-2022
SWEET members (includes summer course + General Assembly)	135,00 EUR
General	110,00 EUR
Registration exemptions	77,00 EUR
Health, a commitment with people	27,50 EUR
INVITED OSAKIDETZA	0 EUR
LIVE ONLINE	UNTIL 27-06-2022
General	110,00 EUR
SWEET members	110,00 EUR
Junior & PhD students SWEET members	71,00 EUR
Registration exemptions	77,00 EUR
Health, a commitment with people	27,50 EUR
INVITED OSAKIDETZA	0 EUR

Place

Miramar Palace

Pº de Miraconcha nº 48. Donostia / San Sebastián

Gipuzkoa