



INTERNATIONAL SWEETENERS ASSOCIATION

LOW CALORIE FOODS, BEVERAGES AND SWEETENERS CAN THEY REALLY CONTRIBUTE TO A HEALTHIER FUTURE?

Bibliothèque Solvay, Brussels

19 May 2011 09.00 - 17.00

PROGRAMME

Chairman & Moderator: Stefan Gates

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| 09.00 - 10.00 | Registration and coffee |
| 10.00 | Opening Address: Can low calorie sweeteners contribute to a healthier future?
Hans Heezen - Chairman, International Sweeteners Association |
| 10.05 | Low Calorie Sweetness - A gastronaut's view
Stefan Gates - Broadcaster, author and food explorer |
| 10.25 | Why we can be confident low calorie sweeteners are safe
Prof. Andrew Renwick - University of Southampton, UK |
| 11.20 | Coffee Break |
| 11.40 | How much do we really consume?
An ADI case study of Belgian consumers
Dr Joris Van Looco - Scientific Institute of Public Health, Belgium |
| 12.00 | Sweetener Facts & Fiction
Ewan Currie - Fallon Currie Consulting |
| 12.35 | Lunch |
| 14.00 | Low calorie sweetness and hydration - applications in exercise and sport
Prof. John Brewer - Professor of Sport, University of Bedfordshire, UK |
| 14.30 | Can low calorie sweeteners really help you to lose weight?
A systematic review of the scientific studies
Dr Margaret Ashwell OBE - Director, Ashwell Associates, UK |
| 15.00 | Refreshment break |
| 15.20 | The health benefits of losing a small amount of weight
Dr. Tommy Visscher - Health and Life Sciences, Vrije Universiteit, Netherlands |
| 15.50 | Not having your cake at all - Science, Sweeteners, and the Media
Trevor Butterworth - journalist & editor of STATS.org - Statistical Assessment Service (STATS), George Mason University, Virginia |
| 16.25 | And in summary...
Stefan Gates |
| 16.35 | Keys to a healthier future - our industry plays a role
Sir Graham Bright - Chairman of the Communications Committee, International Sweeteners Association |