1st LATIN-AMERICAN SCIENTIFIC FORUM ON LOW/NO CALORIE SWEETENERS (LNCS)

27 November 2025
Online (Zoom)

VISIT YUCATAN

Thursday, 27 November

OPENING REMARKS
Ángel Gil Hernández (ES) & **Hugo Laviada Molina** (MEX)

10:00 - 10:15 CST
17:00 - 17:15 CET

SESSION 1
LNCS safety, regulation and intake assessments of LNCS in LATAM

10:15 - 12:15 CST
17:15 - 19:15 CET

Update on LNCS safety assessment by key global regulatory agencies (JECFA, FDA, EFSA) - Rebeca López-García (MEX)

Recent developments on LNCS regulation & nutrition policies in LATAM
Susana Socolovsky (ARG)

Case studies - Intake of free sugars & LNCS in LATAM

Intake of free sugars in LATAM countries: the ELANS study
Georgina Gómez Salas (CRI)

Intake of LNCS in Chile - Samuel Durán Agüero (CHI)

Intake of LNCS in Mexico - Paloma Almeda-Valdéz (MEX)

Intake of LNCS in Brazil - Adriana Pavesi Arisseto Bragotto (BRA)

Panel discussion

Moderated by **Rebeca López-García** (MEX) & **Marizela López Cattebeke** (PAR)

Organised by:

Universidad Marista MÉRIDA

FINUT
Fundación Iberoamericana de Nutrición

In collaboration with:

International Sweeteners Association

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SESSION 2
Recommendations on sweeteners' use: Methodological differences driving different conclusions

13:30 - 15:00 CST
20:30 - 22:00 CET

Review of global guidelines and clinical practice recommendations on sugars, sugar reduction, and LNCS use - Brian Cavagnari (ARG)

Health effects of LNCS: Evidence from recent systematic reviews
Hugo Laviada-Molina (MEX)

Advanced methodologies to address research limitations
John Sievenpiper (CAN)

Panel discussion

Mónica Hurtado (MEX), David Fernando López (COL), Anayanet Jáquez (DOM) in addition to all speakers

Moderated by **Segundo Nicolás Seclén Santisteban (PER)**

SESSION 3
LNCS health effects, potential risks and benefits – New evidence from clinical studies

15:30 - 17:30 CST
22:30 - 00:30 CET

Breakfast With and Without Sweeteners on Postprandial Glycemic Response and Appetite-Satiety Sensation in Subjects with Type 1 Diabetes
Lissette Duarte (CHI)

Effects of LNCS on Gut Microbiota and Postprandial GLP-1
Alonso Romo-Romo (MEX)

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EU SWEET project: Effect of acute and repeated LNCS consumption on appetite and metabolic outcomes - Eva Almirón Roig (ES)

Stop Sugars Now trial: Effect of replacing SSBs with LNCS beverages on gut microbiota and cardiometabolic risk - Sabrina Ayoub-Charette (CAN)

SWITCH trial & EU Sweet project: Effects of long-term LNCS consumption on weight management and health outcomes - Jason Halford (UK)

Sweet Tooth trial: Effect of long-term exposure to dietary sweetness on sweet taste liking and preference - Kees de Graaf (NE)

Questions & Answers

Moderated by **John Sievenpiper** (CAN)

CLOSING REMARKS
Ángel Gil Hernández (ES) & **Hugo Laviada Molina** (MEX)

17:30 CST
00:30 CET

Scientific Chairs

- **GIL HERNÁNDEZ, Ángel**, University of Granada, Spain, & Fundación Iberoamericana de Nutrición (FINUT)
- **LAVIADA-MOLINA, Hugo**, Universidad Marista de Mérida, Yucatán, Mexico

Participants

- **ALMEDA-VALDÉZ, Paloma**, Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, México
- **ALMIRÓN-ROIG, Eva**, Universidad de Navarra, Spain (online)
- **AYOUB-CHARETTE, Sabrina**, University of Toronto, Canada (online)
- **CAVAGNARI, Brian**, Pontifical Catholic University, Buenos Aires, Argentina (online)
- **DE GRAAF, Kees**, Wageningen University, the Netherlands
- **DUARTE, Lissette**, Universidad de Chile, Chile
- **DURÁN AGÜERO, Samuel**, Universidad San Sebastián, Chile
- **GÓMEZ SALAS, Georgina**, Universidad de Costa Rica, San José, Costa Rica
- **HALFORD, Jason**, University of Leeds, United Kingdom
- **HURTADO, Mónica**, Federación Mexicana de Diabetes (FMD), México
- **JÁQUEZ, Anayanet**, Federación Latinoamericana de Terapia Nutricional, Nutrición Clínica y Metabolismo (FELANPE)
- **LÓPEZ, David Fernando**, Centro Latinoamericano de Nutrición (CELAN), Colombia
- **LÓPEZ CATTEBEKE, Marizela**, Dirección Nacional de Vigilancia Sanitaria, Paraguay
- **LÓPEZ–GARCÍA, Rebeca**, Logre International Food Science Consulting, Mexico City, México
- **PAVESI ARISSETO BRAGOTTO, Adriana**, Universidade Estadual de Campinas (UNICAMP), Brazil (online)
- **ROMO-ROMO, Alonso**, Universidad Autónoma de Aguascalientes, México
- **SECLÉN SANTISTEBAN, Segundo Nicolás**, Universidad Peruana Cayetano Heredia, Peru; Asociación Latinoamericana de Diabetes (ALAD)
- **SIEVENPIPER, John**, University of Toronto and St. Michael's Hospital, Toronto, Canada
- **SOCOLOVSKY, Susana**, Argentine Association of Food Technologists, Buenos Aires, Argentina

Meeting coordinators

- **SOTO-MÉNDEZ, María José**, Fundación Iberoamericana de Nutrición (FINUT)
- **FERNÁNDEZ, Miguel**, Fundación Iberoamericana de Nutrición (FINUT)