

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

27 November 2025

Online (Zoom)

VISIT YUCATAN

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 & Ariseto Bragotto (BRA)

Panel discussion

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

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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**

Lisette 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 Almiron 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

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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
- ALMIRON-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
- FERNANDO LÓPEZ, David, Centro Latinoamericano de Nutrición (CELAN), Colombia
- 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 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)

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