



SUGAR VS. NON-NUTRITIVE SWEETENERS – WHICH IS WORSE?

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OVERVIEW

What is your stand on sugar versus non-nutritive sweeteners? Do you know which is more likely to compromise health? Join this informative lecture and build your expertise on the science, not anecdotal evidence, media hype or perception.

Separate fact from fiction. This session will help remove much of the confusion surrounding these compounds and delivers the pros and cons of each, to make sense of it all. Walk away with a clear understanding so you can deliver more credible information to your clients.

OBJECTIVES

- Describe the function and metabolism of simple sugars
- Describe the function and metabolism of key non-nutritive sweeteners
- Explain the health pros and cons of both categories of compounds

SUMMARY

Attendees will understand the role and metabolism of both sugars and sweeteners commonly consumed in the human diet. They will also be able to explain the health implications, both positive and negative, of each.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**