



**FREE
REGISTRATION**
(limited to 250 pax only
on first-come-first-served
basis)

Invitation to

NSM Scientific Update Series SUGAR SUBSTITUTES:

Understanding The Basics, Global Regulatory Approvals, Safety Assessment Protocols & Benefits

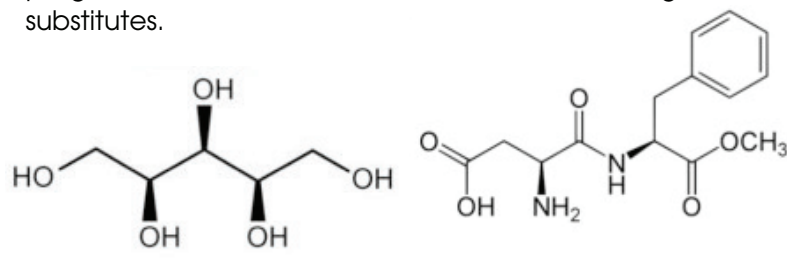
15 April 2015, Wednesday • A Loft Hotel, KL Sentral
• **9.00 am – 12.30 pm** (Registration starts at 9.00 am)

Food and beverages that are sweet offer a pleasurable addition to our daily meals or snacks. In order to maintain a palatable sweet taste, minus the calories, food manufacturers have developed a range of food and beverage products with sugar substitutes, artificial sweeteners or low or no-caloric sweeteners. These sugar substitutes also provide calories, but because the sweetness level is intense and the quantity used is minimal, these sugar substitutes contribute very little or almost no calories to the diet. Hence, use of these sugar substitutes is a great way to maintain sweetness in food and beverages without the calories.

Studies have shown that replacement of sugar with sugar substitutes may help in weight management, due mainly to an overall decrease in caloric intake. The American Diabetes Association also advises that sugar substitutes may help people with diabetes in their diet management, as use of sugar substitutes

helps cut down carbohydrates and calorie intake. The challenge however, is that many individuals don't understand what sugar substitutes really are, and are concerned about the safety of sugar substitutes.

This half-day seminar provides an understanding of the different types of sugar substitutes that are commercially available, their use in a range of food and beverages and calorie contribution to the diet; global approvals of different sugar substitutes and the protocols for assessing the safety of these sugar substitutes, especially in case of children and pregnant women; and the overall benefits of sugar substitutes.



SEMINAR GOALS

- Provide an understanding of the different types of sugar substitutes and their use in a range of food and beverages.
- List global scientific and regulatory approvals for a range of sugar substitutes.
- Discuss safety assessment protocols for sugar substitutes for all age groups
- Discuss the role of sugar substitutes in calorie control, weight management and diabetes; and address alleged concerns linked with sugar substitutes.

WHO SHOULD ATTEND

Nutritionists, dietitians, doctors, food scientists, policy makers and programme managers from government departments and agencies, academia, research organisations, professional bodies, as well as the food industry.

SEMINAR TOPICS



Introduction to Sugar Substitutes and Its Use in Food & Beverages

By Dr Tee E Siong, President of Nutrition Society of Malaysia

- Introduction to various types and classification of sugar substitutes
- Use of different sugar substitutes in food and beverages and their advantages.



Global Regulatory Approvals & Safety Assessment of Sugar Substitutes

By Dr Bernadene Magnuson, Associate Professor, University of Toronto, Canada

- Overview of the global approvals for different sugar substitutes.
- Global protocols for exposure / safety assessment of sugar substitutes for different groups of people.
- Acceptable & estimated daily intake of sugar substitutes.
- Alleged concerns and misperceptions linked with safety of sugar substitutes.



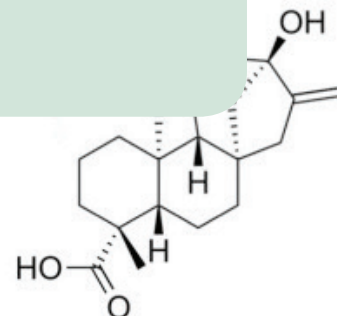
Benefits & Concerns Linked with Sugar Substitutes

By Ms. L Mageswary Lapchmanan, Dietitian, Head of Department of Dietetics and Food Services, Hospital Selayang

- Guidelines on limiting daily sugar intake.
- Role of sugar substitutes in reducing sugar consumption, controlling calorie intake and managing weight.
- Role of sugar substitutes in diabetes management.
- Use of sugar substitutes in preventing tooth decay.
- Common myths about the use of sugar substitutes.

REGISTRATION

To confirm your participation, please complete the registration form below and email to: **nsm.scientificupdates@gmail.com** or fax to **03-5638 9909** by **6 April 2015**.



Title: _____ Name: _____

Organisation: _____ Position: _____

Email: _____ Tel: _____ (office) _____ (mobile)

Note:

- Morning refreshment and lunch will be provided by the organiser.
- An email will be sent to your registered email address upon receiving your registration form. Please print out and present the confirmation email to the registration desk on seminar day.
- If you do not receive any confirmation within 3 days upon emailing the registration form, please contact the Secretariat.
- Seats are limited. In case of cancellation of registration, kindly inform the Secretariat by email 1 week prior to event (8 April 2015).
- In case of emergency that you are not able to attend the seminar, kindly send a representative so as not to waste the reserved seat.

Organiser:



Nutrition Society of Malaysia

Supported by:



PEPSICO

For any inquiries about registration or the seminar, please contact:

Secretariat Office c/o VersaComm Sdn Bhd

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Person-in-charge: Ms Meng Li / Ms Ng Lee Teng / Ms Muhaini Hussin