

Conference Abstract

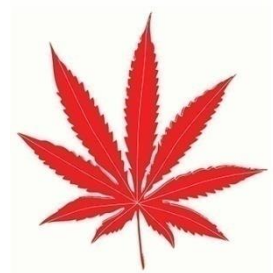
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9th Pak Pharma Healthcare Expo

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Conference Abstract

ROLE OF NON-NUTRITIVE SWEETENERS IN DIABETES AND WEIGHT MANAGEMENT

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Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

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Keywords: Diabetes, glycemic control, calorie restriction, non-nutritive sweeteners, glycosides.

ABSTRACT

Consumption of sugar sweetened beverage is one of its dietary causes, as sugar plays an important role in our daily life. Sucrose is highly metabolically active and result in weight gain and type-II diabetes. These side effects make companies to launch various synthetic sweetening agents known as alternative sweeteners or non-nutritive sweeteners. NNSs are ubiquitous and widely used every day in a variety of food, dietary products and beverages. Most NNSs are not metabolized by the body so, they do not contribute any energy or very low calories, so especially advantageous for person are diets requiring calorie restriction (diabetes or overweight). Six of these agents e.g. aspartame, saccharine, neotame, acesulfame-K, sucralose and Stevia have previously received a generally recognized as safe status and approved by FDA. These are claimed to promote weight loss and avoiding other problems associated with excessive caloric intake and also deemed safe for consumption by diabetes and help them achieving good glycemic control. Glycosides present in them like stevia sides in Stevia which is extracted from natural source have anti-hyperglycemic, anti-oxidant, and anti-hyperglycemic effects. These also help preventing tooth decay. NNSs are efficacious weight management strategy and good for diabetes are may provide very low calories and much sweeter than table sugar Thus, satisfying sweet

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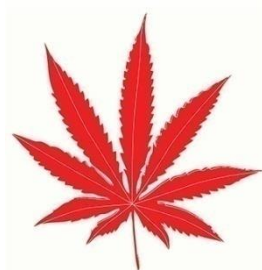
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Competing Interests:

The authors declare no competing interests.

Additional information is available at the end of the article.

cravings is their major advantage. Recommendations about alternative sweaters used should be tailored to the specific dietary and lifestyle patterns as each of the available sweaters has certain advantages and disadvantages in case of long term usage.



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