

Special Issue

Low-Calorie Sweeteners: Benefits and Risks in Human Health

Message from the Guest Editors

Selected low-calorie sweeteners (LCS) have been used for over 100 years to replace nutritive sweeteners such as sucrose with the goal of enabling calorie reduction, weight management, and possible improvement of several related metabolic consequences of overweight and obesity. While numerous worldwide regulatory bodies have approved many LCS as safe for human consumption, there remain controversies over possible negative outcomes from the use of these substances over time. A fundamental issue that is often not addressed in both the epidemiologic research and consumer communities is that LCS with vastly different structures, metabolisms and physiological consequences are grouped together based solely on the fact that they have a sweet taste and few or zero calories. There are also newer compounds such as flavors with modifying properties (FMPs) that augment sweet taste and are less studied. This Special Issue seeks to highlight both the potential benefits and risks of the use of LCS in human health with particular emphasis on examining individual sweetener substitutes to avoid inferring class effects where none have yet been substantiated.

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Deadline for manuscript submissions

closed (5 May 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/152814

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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