



Berna Magnuson, PhD

Berna Magnuson, Ph.D, ATS is an internationally recognized food toxicologist and a Fellow of the Academy of Toxicological Sciences. She holds degrees in food and nutritional sciences and worked in the food industry in quality assurance and product development before undertaking graduate training in food toxicology at Universities of Saskatchewan and Manitoba. Berna worked as a professor for 15 years, at the University of Idaho and University of Maryland, conducting research and teaching food, nutrition and toxicology courses, before returning to Canada. She is currently managing her own consultancy practice and teaches food regulatory courses at the University of Toronto. As a consultant, she provides expertise in food regulations, nutrition and toxicology to food, beverage, and dietary supplement manufacturers and

ingredient industries, as well as health professional and consumer associations.

Dr. Magnuson has extensive experience and expertise in low calorie sweetener safety, and serves as an expert advisor and speaker on this topic around the world. She has published numerous peer-reviewed articles, book chapters, and professional articles, is on the editorial board of two journals, and is an active member of various professional associations.

Safety and metabolic effects of low-calorie sweeteners

There is a great deal of misinformation concerning the safety of use of low calorie sweeteners, in the public and among health professionals. As diabetes and obesity continue to be prominent, it is critical that individuals feel confident in the safety of use of these sweeteners that may be beneficial for weight loss and blood sugar control.

The goal of this presentation is to provide an understanding of safety of approved low calorie sweeteners for all members of the population and to provide participants with a better understanding of the source of controversies surrounding low calorie sweeteners. A brief review of the metabolic effects of the different sweeteners will be presented. This will allow participants to be better prepared to assess appropriateness and limitations of study design and conclusions, and to address patient and client concerns.

Learning objectives:

1. Describe the regulatory process for ensuring the safety of low calorie sweeteners approved for use in foods and beverages
2. Understand the differences in the various low calories sweeteners, including differences in metabolism.
3. Recognize the common sources of controversies of safety of low calorie sweeteners.