



## Low-Calorie Sweeteners: Benefits and Risks in Human Health

Guest Editors:

**Dr. John St. Peter**

Department of Experimental and  
Clinical Pharmacology (ECP),  
University of Minnesota,  
Minneapolis, MN 55455, USA

**Dr. Danielle Greenberg**

NutriSci Inc., Mt. Kisco, NY, USA

Deadline for manuscript  
submissions:

**closed (5 May 2024)**

### 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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## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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