



## Effects of Non-nutritive Sweeteners on Energy Intake and Human Health

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### Message from the Guest Editors

Dear Colleagues,

Around 30% of the global population are overweight or obese, an important risk factor for non-communicable diseases. Several studies report a positive correlation between the number of sugar-sweetened beverages and adverse health effects, such as cardiovascular and metabolic disease. Replacing sugar with artificial low-calorie sweeteners has been proposed for decades with the aim to reduce energy intake while at the same time preserving sweet taste. The role of these artificial low-calorie sweeteners and their impact on health and disease is, however, highly debated.

Various public policies were recently undertaken in different countries in the hope of reducing sugar-sweetened beverage consumption. This has led the food industries to promote low-calorie sweeteners. To date it is still uncertain, if the use of low-calorie sweeteners is safe and without consequences for our health.

This Special Issue aims to collect the latest research on the links between the effects of low-calorie sweeteners consumption and health, increased cardiovascular risk and metabolic disease and present the latest evidence on the role of their use to ameliorate these conditions.





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