

**המעבדה לכימיה אורגנית ואי-אורגנית**

## **סמינר ספרותי**

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בנושא:

## **Artificial Sweeteners and their Properties**

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Sugar is one of the most common food additives in both commercial food products and our daily cooking. However, long-term excessive intake of sugar may seriously affect our health. Higher sugar consumption in diet may cause a series of chronic diseases, such as diabetes, obesity, dental caries and chronic cardiovascular diseases. Therefore, artificial non-caloric sweeteners were introduced as a solution for sugar substitutes. Most common commercialized artificial sweeteners are sucralose (a sucrose derivatives), aspartame (a protected dipeptide), saccharin, acesulfame K etc. High-intensity sweeteners as such, when substituted for sucrose, may help reduce the carbohydrate consumption. It allows the consumer to enjoy the pleasurable sensations sugar brings without extra energy intake. History, Properties and synthetic strategies of selected artificial sweeteners will be discussed.

