

## EFFECT OF ORAL ERYTHRITOL ON REWARD RESPONSES AFTER REPEATED EXPOSURE

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**A randomized crossover study in 20 healthy adults found that the non-caloric sweetener erythritol produced similar increases in explicit liking and wanting as sucrose and sucralose after conditioning, with no differences in GI hormone release or glycemic control.**

### KEY POINTS

- Explicit liking increased significantly after conditioning with all three sweeteners (all  $p < 0.01$ ) with no differences between erythritol, sucrose, and sucralose (all  $p > 0.4$ )
- Explicit wanting increased significantly after conditioning ( $p = 0.07$  for erythritol,  $p < 0.01$  for sucrose and sucralose) with no differences between sweeteners (all  $p > 0.8$ )
- Implicit wanting did not differ between the three sweeteners (all  $p > 0.5$ )
- Conditioning with the sweeteners had no effect on GI satiation hormone release (GLP-1, CCK) or glycemic control (glucose, insulin)
- The authors suggest erythritol can be seen as a potential sugar alternative and that the rewarding effects may not be associated with flavor-nutrient learning

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