

MEETING ABSTRACT

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Effect of saccharin supplementation on weight gain, caloric intake and basal oxygen consumption in Wistar rats

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From 20th Brazilian Diabetes Society Congress
Porto Alegre, Brazil. 11-18 November 2015

Background

The use of non-caloric sweeteners can interfere in the regulation of appetite, promoting greater food intake and weight gain. In previous data, our results showed that animals who consumed yogurt with saccharin and aspartame had a increase in weight compared to the group using sucrose. However, as the total calorie intake was similar between the groups, we speculated that weight gain might be associated with decreased energy expenditure induced by artificial sweetener.

Aim

Determine the caloric expenditure at rest in rats receiving saccharin or sucrose for 12 weeks.

Materials and methods

We conducted a controlled experiment with adult male Wistar rats randomly divided into 3 groups: non-caloric sweetener (saccharin-SAC); calorie sweetener (sucrose-SUC) or control (non sweetened yogurt -CON) given daily over a period of 12 weeks with free chow and water. Weight gain, food intake and water control were determined weekly, basal oxygen consumption was measured at 0, 5 and 12 weeks. We used one-way ANOVA with Dunnett's test and ANOVA by repeated measures and mixed model assessment.

Results

The SAC group promoted greater weight gain than control ($p=0.031$). All groups had similar total caloric intake. The maximal oxygen consumption was not different between groups during the whole experiment, respectively: SAC

(basal 27.72 ± 1.91 ; 5 weeks 28.39 ± 1.96 and 12 weeks 27.16 ± 0.87), SUC (basal 28.66 ± 1.96 ; 5 weeks 29.35 ± 3.16 and 12 weeks 29.08 ± 1.61) and CONT (basal 27.16 ± 0.87 ; 6 weeks 28.15 ± 2.53 and 12 weeks 27.58 ± 0.97).

Conclusion

The cumulative weight gain in the animals fed with saccharin can not be attributed to a reduction in energy

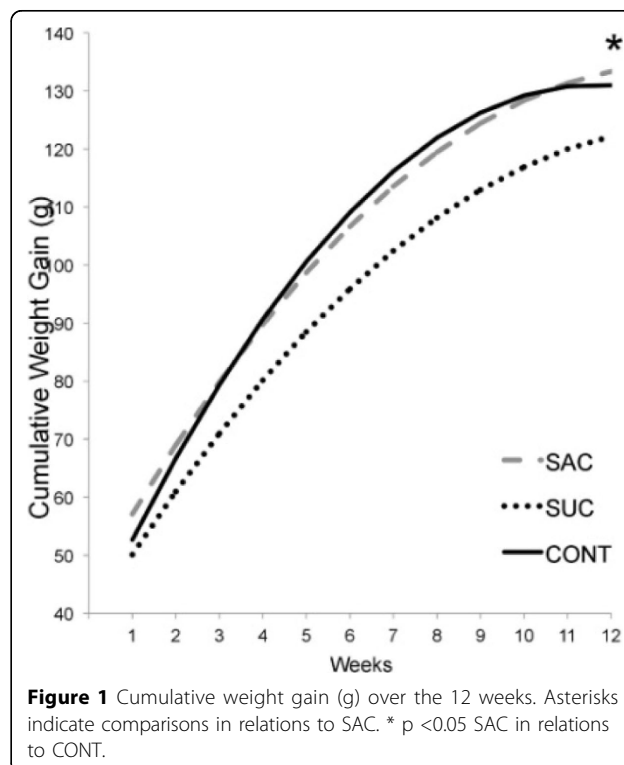
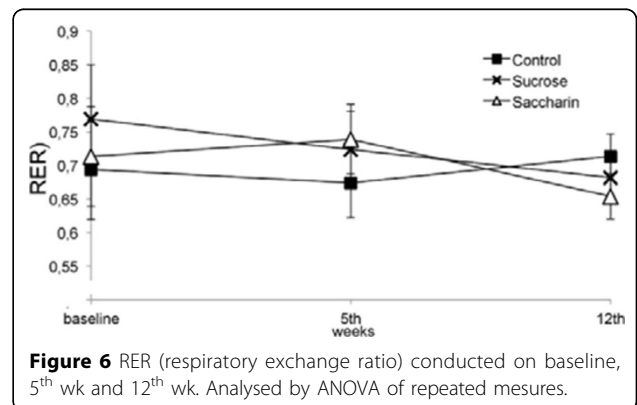
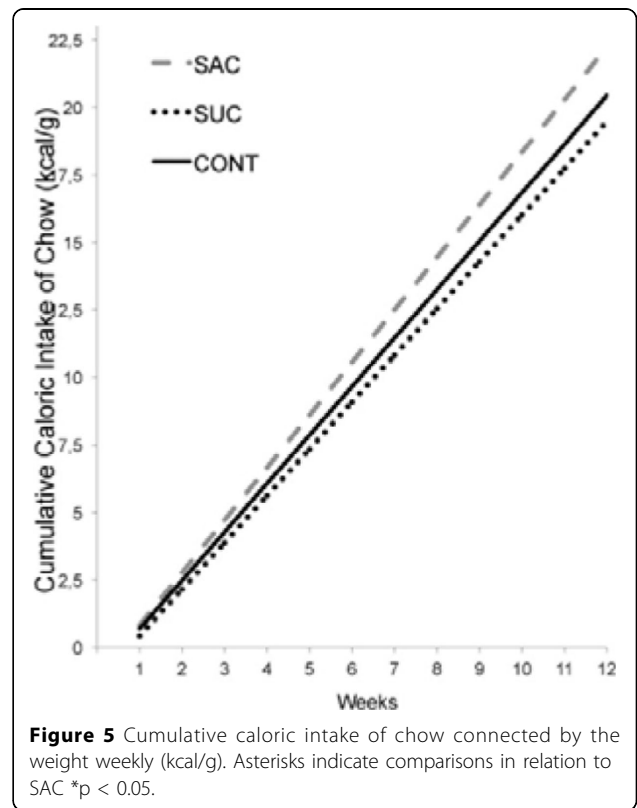
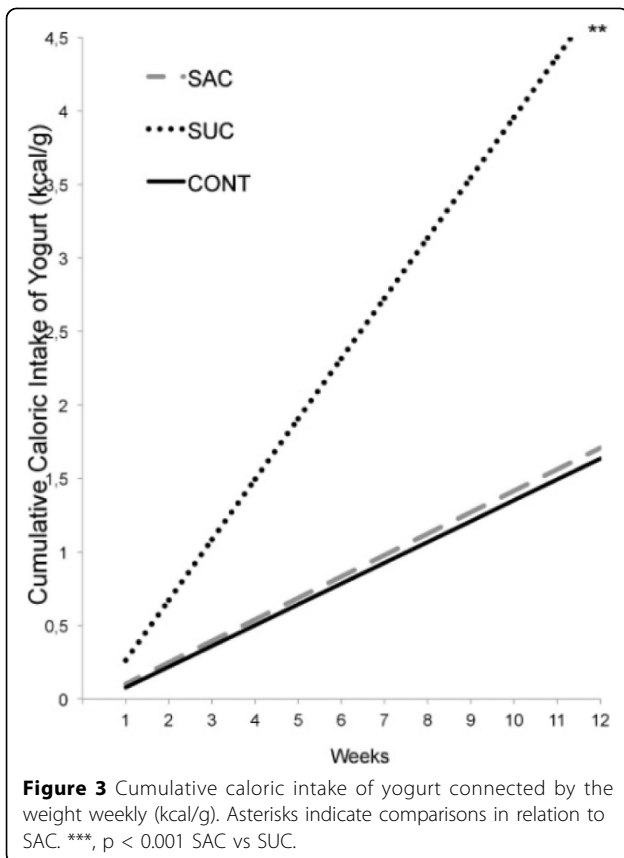
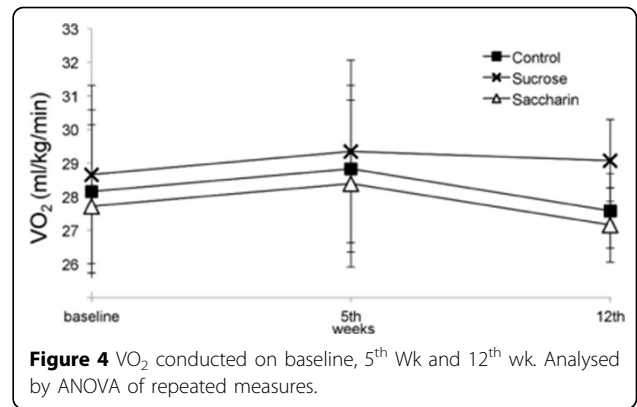
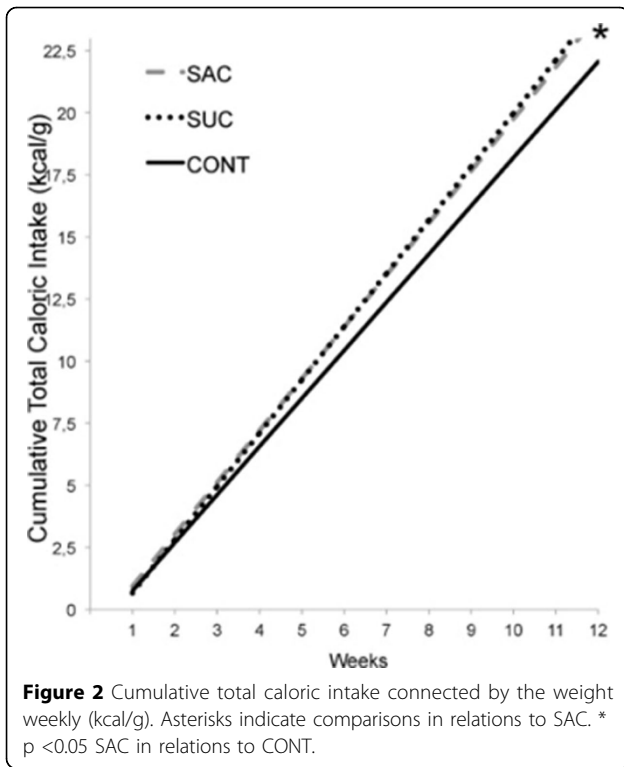


Figure 1 Cumulative weight gain (g) over the 12 weeks. Asterisks indicate comparisons in relations to SAC. * $p < 0.05$ SAC in relations to CONT.

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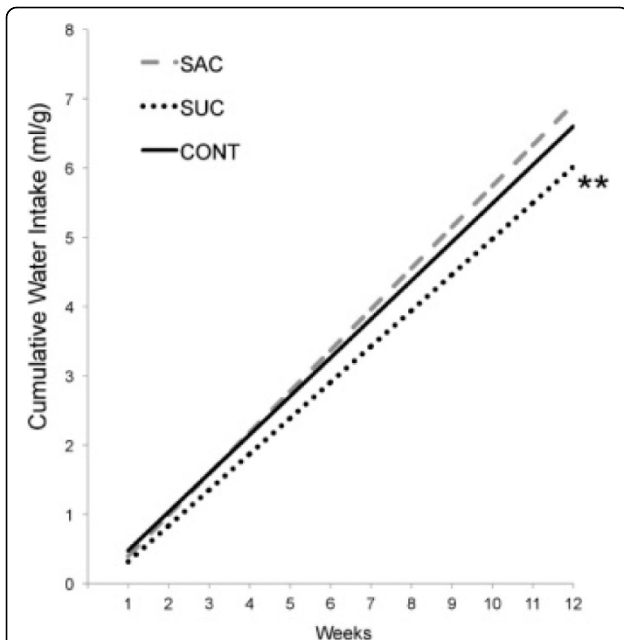


Figure 7 Cumulative water intake connected by the wright weekly (ml/g). Asterisks indicate comparisons in relation to SAC ** $p < 0.005$ SAC in relation to SUC.

| | SAC (n = 12) | SUC (n = 10 ^b) | CONT (n = 12) | Test value |
|---|-----------------|-------------------------------|------------------|------------|
| VO ₂ baseline (ml/kg/min) | 27.72 ± 1.91 | 28.66 ± 3.08 | 28.15 ± 2.53 | $p = .97$ |
| VO ₂ wk 5 (ml/kg/min) | 28.39 ± 1.96 | 29.35 ± 3.16 | 28.83 ± 2.59 | $p = .97$ |
| VO ₂ wk 12 (ml/kg/min) | 27.16 ± 0.87 | 29.08 ± 1.61 | 27.58 ± 0.97 | $p = .49$ |
| AUC VO ₂ | 334.71 ± 18.80 | 349.53 ± 30.78 | 339.91 ± 23.56 | $p = .91$ |
| RER baseline (VCO ₂ /VO ₂) | 0.63 ± 0.21 | 0.74 ± 0.38 | 0.64 ± 0.31 | $p = .69$ |
| RER wk 5 (VCO ₂ /VO ₂) | 0.74 ± 0.07 | 0.72 ± 0.04 | 0.67 ± 0.03 | $p = .66$ |
| RER wk 12 (VCO ₂ /VO ₂) | 0.65 ± 0.04 | 0.68 ± 0.04 | 0.71 ± 0.03 | $p = .47$ |
| AUC RER | 8.51 ± 0.56 | 8.66 ± 0.33 | 8.28 ± 0.36 | $p = .83$ |
| AUC of OGTT wk 6 | 10665 ± 284.64 | 10894.50 ± 321.18 | 10153 ± 330.94 | $p = .68$ |
| AUC of OGTT wk 12 | 10665 ± 284.64 | 10894.50 ± 321.18 | 10153 ± 330.94 | $p = .13$ |

Data are mean ± SE for Analysis by ANOVA with Dunnett test; or median ± interquartile.

Figure 9 VO₂, RER and OGTT parameters.

| | SAC (n = 12) | SUC (n = 10) | CONT (n = 12) | p value |
|---------------------------------------|-----------------|-----------------|------------------|------------|
| Yogurt intake (%) | 76.10 ± 1.41 | 74.35 ± 2.18 | 73.26 ± 1.81 | $p = .52$ |
| Basal Weight (g) | 207.33 ± 9.48 | 219.00 ± 6.74 | 219.67 ± 8.53 | $p = .51$ |
| Total Weight Gain (g) | 135.92 ± 8.89 | 117.00 ± 7.05 | 131.00 ± 7.51 | $p = .26$ |
| Mean Total Caloric Intake (kcal/g/wk) | 2.02 ± 0.06 | 2.08 ± 0.06 | 1.87 ± 0.04 | $p = .03$ |
| Mean Calories from Yogurt (kcal/g/wk) | 0.14 ± 0.003 | 0.40 ± 0.01*** | 0.14 ± 0.01 | $p < .001$ |
| Mean Calories from Chow (kcal/g/wk) | 1.88 ± 0.06 | 1.68 ± 0.05* | 1.73 ± 0.04 | $p = .03$ |
| Mean Water intake (ml/g/wk) | 0.57 ± 0.01 | 0.50 ± 0.02* | 0.54 ± 0.02 | $p = .02$ |

Data are mean ± SE. Analysis by ANOVA with Dunnett test. Asterisks indicate comparison with CONT: *** $p < 0.001$; ** $p < 0.005$ and * $p < 0.05$.

Figure 8 Weight, caloric and water intake parameters.

expenditure. Further studies are necessary to determine metabolic causes for weight gain induced by saccharin in rats.

Published: 11 November 2015

doi:10.1186/1758-5996-7-S1-A158

Cite this article as: Pinto et al.: Effect of saccharin supplementation on weight gain, caloric intake and basal oxygen consumption in Wistar rats. *Diabetology & Metabolic Syndrome* 2015 **7**(Suppl 1):A158.

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