

# Tauseef Ahmad Khan

MBBS · MSc Epidemiology · PhD Epidemiology

**Nutrition Epidemiologist | SRMA Methodologist | AI-Enabled Nutrition Evidence Synthesis**

Senior Research Associate, Department of Nutritional Sciences, Temerty Faculty of Medicine, University of Toronto

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I am an epidemiologist and nutrition scientist at the University of Toronto. I lead the methods behind our group's systematic reviews and meta-analyses of sugars, low- and no-calorie sweeteners and honey, work that has informed guidelines from Diabetes Canada, the Canadian Cardiovascular Society and the European Association for the Study of Diabetes.

I now lead the development of the Toronto 3D AI-assisted evidence-synthesis workflow, in which AI takes on the laborious steps of a review and researchers verify the sources, the analyses and the certainty ratings.

109 peer-reviewed publications · 10,253 citations · h-index 51 (Google Scholar, Sep 2026)

**AI in evidence synthesis**
Human-gated, auditable AI workflows for systematic reviews: source verification, reproducible R analysis, GRADE and provenance tracking.

**Systematic reviews and meta-analysis**
GRADE, substitution and change analyses, network meta-analysis and non-linear dose–response modelling.

**Low- and no-calorie sweeteners**
Evidence and guidelines on sweeteners, sugar-sweetened beverages and cardiometabolic health, including the WHO non-sugar sweeteners guideline.

**Honey and rare sugars**
Honey and cardiometabolic risk: meta-analyses of trials, and compositional analysis of floral honeys.

## Selected publications

Khan TA, Ayoub-Charette S, Sievenpiper JL. Non-nutritive sweeteners and health: reconciling evidence and interrogating guideline disconnects. Adv Nutr. 2024. doi

Khan TA, Lee JJ, Ayoub-Charette S, et al. WHO guideline on the use of non-sugar sweeteners: a need for reconsideration. Eur J Clin Nutr. 2023. doi

Ayoub-Charette S, Kavanagh M, Khan TA, Sievenpiper JL. Reconciling conflicting evidence on low- and no-calorie sweeteners and cardiometabolic outcomes: an umbrella review using naïve and bias-adjusted methods. Appl Physiol Nutr Metab. 2025. doi

McGlynn N, Khan T, et al. Effect of non-nutritive sweetened beverages on cardiometabolic risk: network meta-analysis of RCTs. JAMA Netw Open. 2022. doi

Lee JJ, Khan TA, McGlynn N, et al. Relation of change or substitution of low- and no-calorie sweetened beverages with cardiometabolic outcomes. Diabetes Care. 2022. doi

Ayoub-Charette S, McGlynn N, Lee D, Khan TA, et al. Non-nutritive-sweetened beverages are similar to water in reducing sugar-sweetened beverages: STOP Sugars NOW trial. Curr Dev Nutr. 2025.

Ahmed A, ..., Khan TA (corresponding author), Sievenpiper JL. Effect of honey on cardiometabolic risk factors: systematic review and meta-analysis. Nutr Rev. 2022. doi

Ahmed A, Khan TA, Ramdath D, et al. Rare sugars and their health effects in humans: systematic review and narrative synthesis. Nutr Rev. 2022. doi

## Roles

**Lead developer, Toronto 3D AI-Assisted Nutrition Evidence Synthesis Workflow** — 2026–present

**Senior Research Associate**, Department of Nutritional Sciences, Temerty Faculty of Medicine, University of Toronto — Mar 2020–Present

**Post-doctoral Fellow**, Department of Nutritional Sciences, University of Toronto — Jul 2015–Mar 2020

PhD and MSc Epidemiology, London School of Hygiene & Tropical Medicine · MBBS, Aga Khan University

## Impact and funding

Writing-group member, European recommendations for the dietary management of diabetes (DNSG/EASD, Diabetologia 2023).

Obtained about $1.5 million CAD in research funding as Acting PI (on behalf of my Lab PI), including a $450,000 Diabetes Canada End-Diabetes Award (2025–2027).

### Selected grants

$450,000 CAD, Diabetes Canada End-Diabetes Award: Non-Sugar Sweeteners and Type 2 Diabetes: A Mega-Cohort Pooling Project to Strengthen Causal Inference — 2025–2027

Khan TA, Field D, Chen V, et al. Combination of multiple low-risk lifestyle behaviors and incident type 2 diabetes: systematic review and dose-response meta-analysis. Diabetes Care. 2023. doi

Chiavaroli L, ..., Khan TA, et al. Low glycaemic index or load dietary patterns on glycaemic control in diabetes: systematic review and meta-analysis. BMJ. 2021. doi

Semnani-Azad Z, Khan TA, Chiavaroli L, et al. Intermittent fasting strategies and their effects on body weight and other cardiometabolic risk factors: systematic review and network meta-analysis. BMJ. 2025. doi

Zeraatkar D, ..., Khan TA, et al. Systematic reviews and meta-analyses of nutritional epidemiology studies often have serious methodological limitations. Am J Clin Nutr. 2021. doi

Khan TA, Ayoub-Charette S, Shyam S. Structural funding bias in red meat research: the elephant in the room. Am J Clin Nutr. 2025. doi

DNSG of the EASD (writing group member). Evidence-based European recommendations for the dietary management of diabetes. Diabetologia. 2023. doi

## Under review

Khan TA, Ahmad S, Ayoub-Charette S, et al. Substitution of low- and no-calorie sweetened beverages for sugar-sweetened beverages and cardiometabolic outcomes: a meta-analysis of prospective mega-cohort studies.

Khan TA, Chen V, Lee D, et al. Food sources of fructose-containing sugars and type 2 diabetes: a systematic review and dose-response meta-analysis.

Khan TA, Ahmed A, Chaudhary F, et al. The effect of rare sugars on cardiometabolic outcomes: a systematic review and meta-analysis of controlled feeding trials.

## In the media

New York Times — Where You Carry Body Fat May Affect How Long You Live. Oct 2020.

Fox News — Honey as an alternative to sugar? Jan 2023.

Medscape — Do Artificial Sweeteners Alter Post-Meal Glucose, Hunger Hormones? Mar 2023.

Evening Standard — Raw honey could help reduce blood sugar and cholesterol. Nov 2022.

VOI Breakfast show — Honey and its healing properties. Oct 2025.

## Recent writing

Khan TA. A Freight Train Through the Ivory Tower. Substack, 12 Oct 2026.

Khan TA. The agentic unslopper: how I stopped my AI grading its own homework. Substack, 29 Sep 2026.

Warraich S, Khan TA. AI Proficiency: The New Hiring Requirement. Ahmadiyya Journal, 28 Sep 2026.

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| $150,000 USD, Fruit Juice Science Centre: Substitution of pure fruit juice for sugar-sweetened beverages and cardiometabolic disease risk in the EPIC Cohort | 2023–2025 |
| $96,800 USD, National Honey Board USA (USDA Checkoff): Compositional analysis of honey: supplemental analysis of US floral honeys | 2022–2023 |
| $90,000 USD, IAFNS (formerly ILSI North America): Systematic Review and Network Meta-Analyses of Low-Calorie Sweeteners and Glycemic Response | 2020–2022 |
| $250,000 USD, National Honey Board USA (USDA Checkoff): Compositional analysis of honey with a focus on rare sugars | 2020–2022 |
| Award for Nutrition Translation, Canadian Nutrition Society | 2025 |
| Rising Star Award in Research, Unity Health | 2019 |
| Clinical Research Award (Lancet Diabetes & Endocrinology paper) | 2019 |

## Recent talks

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| American Dental Association Annual Meeting, Indianapolis: sweeteners in oral and overall health | Oct 2026 |
| IAFNS LNCS Stakeholder Workshop, Washington, DC: reconciling the evidence, defining research priorities | Sep 2026 |
| Guest lecture, Toronto Metropolitan University: AI in systematic reviews | Sep 2026 |
| IAFNS Food Classification Research Roundtable, Washington, DC: sweeteners, evidence and guidelines | Mar 2026 |
| 6th ICQC Meeting, Kalamata: rare sugars, honey and healthy foods | Oct 2025 |
| 6th ICQC Meeting, Kalamata: mega-cohort pooling project on sweeteners | Oct 2025 |
| 6th ICQC Meeting, Kalamata: global guidelines on low- and no-calorie sweeteners | Oct 2025 |
| 42nd DNSG meeting, Ottawa: sweeteners as a tool for sugars reduction | Jun 2025 |
| International Nutrition and Health Symposium, Dubai: sweetener evidence and guidance | Sep 2024 |

## Teaching

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| **AI agents for research: hands-on workshop, University of Toronto** | 2026 |
| **Systematic reviews and meta-analysis in R, for MSc and PhD students** | 2019–now |
| **MSc epidemiology and clinical trials courses, LSHTM** | 2007–2019 |