

No Change in Weight or Measures of Body Composition After Six Months of Daily Consumption of Sugar Sweetened Beverages

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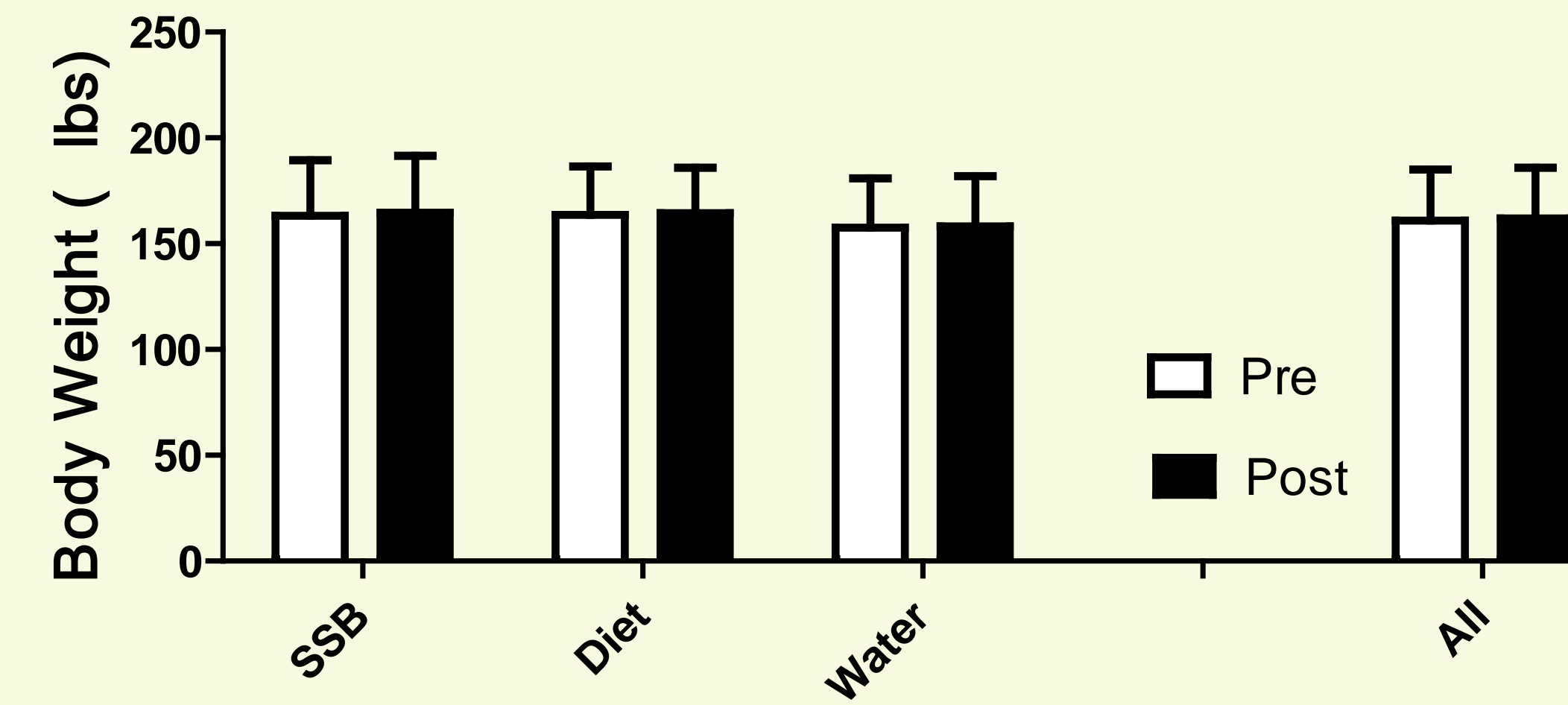
Introduction

- The potential causes of obesity are numerous, complex and likely interlinked.
- Many factors have been singled out as being uniquely causative, including insufficient physical activity, excess dietary fat or dietary carbohydrate.
- Sugar Sweetened Beverages (SSB), as a significant source of sugar in the American diet, is one such factor.
- Some epidemiologic studies have associated diet beverages with weight gain while others have not.
- The recently released Dietary Guidelines Advisory Committee recommended reductions in SSBs and cautioned against substituting them with diet beverages while advocating water.
- However, there is a paucity of longitudinal data on the effects of SSBs and diet beverages when consumed as part of a balanced diet on body composition

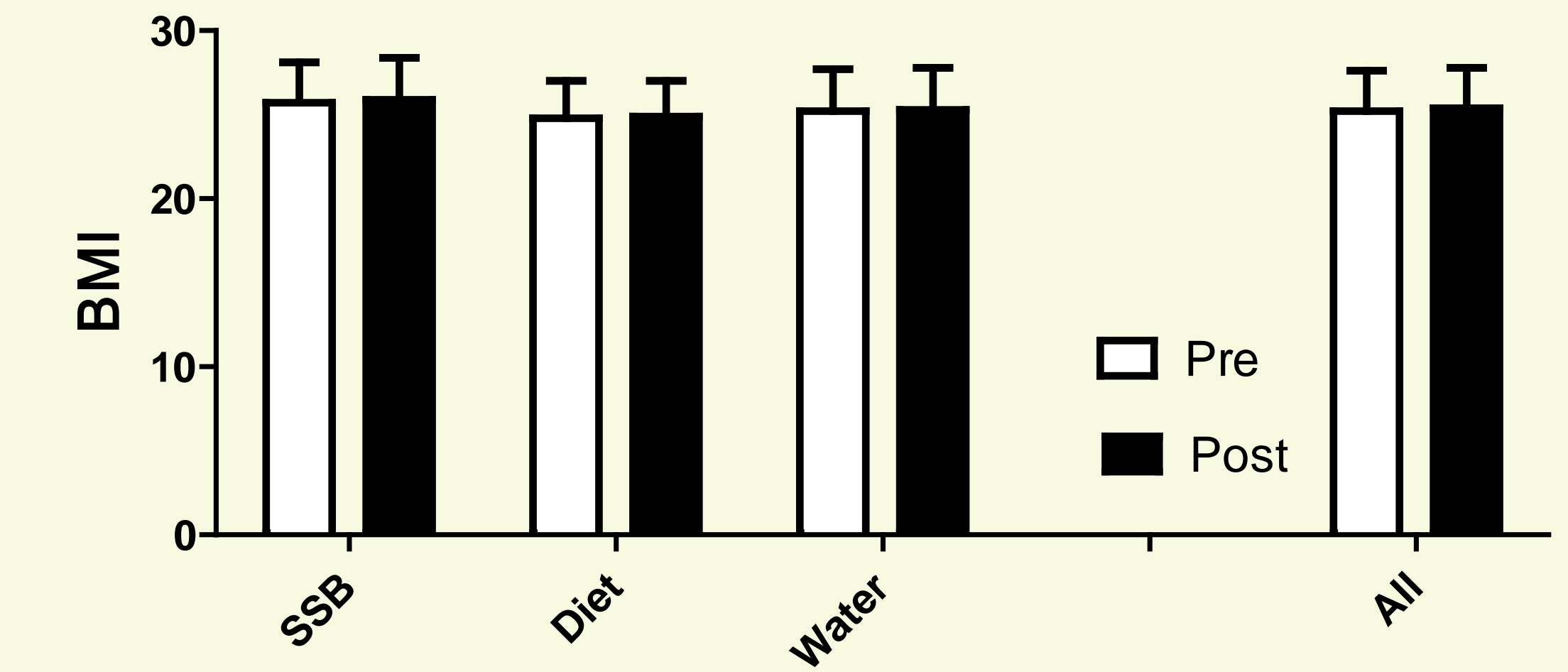
Methods

- This was a 6 month study that included seventy-one apparently healthy normal weight or overweight, normotensive and normoglycemic individuals
 - Males = 37, Females = 34
 - Mean age 32.8 ± 8.6 years
- All participants were randomly assigned to one of three groups:
 - 1) Sugar Sweetened Beverages (SSB)
 - 2) diet beverage (Diet), or
 - 3) water.
- Participants followed the ADA exchange diet daily for 6 months and incorporated 2 servings a day (average American level of consumption) of the required beverages.
- Compliance with the diet was initially checked weekly and gradually performed less frequently as the participant became more comfortable with the requirements.
- Body composition was assessed via iDEXA and performed in a fasting state before the intervention and after completion of the 6 month intervention.
- Data were analyzed using Analysis of Variance with Repeated Measures.
- Statistical analysis was performed using SPSS V 18.0.

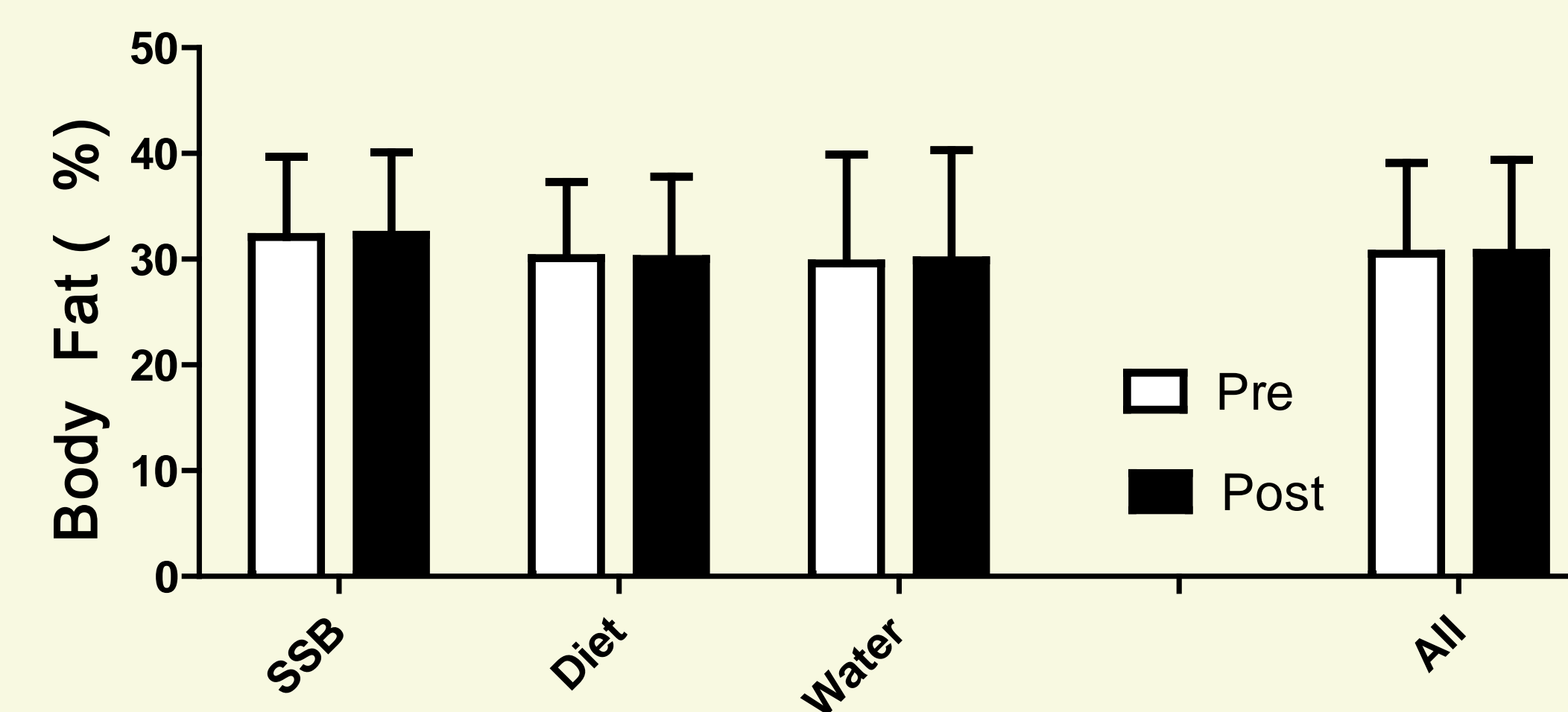
Results



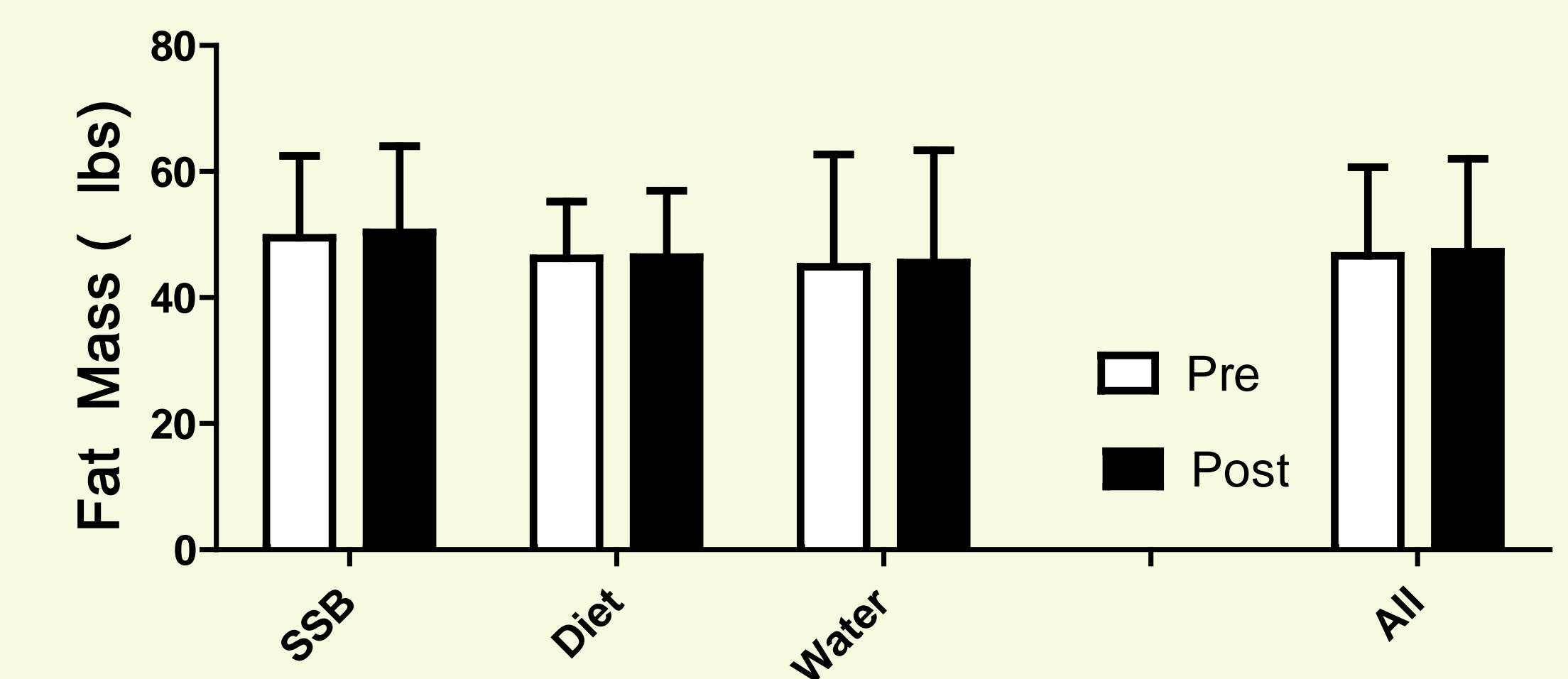
Time $p > 0.05$
Time X Sugar Level interaction $p > 0.05$



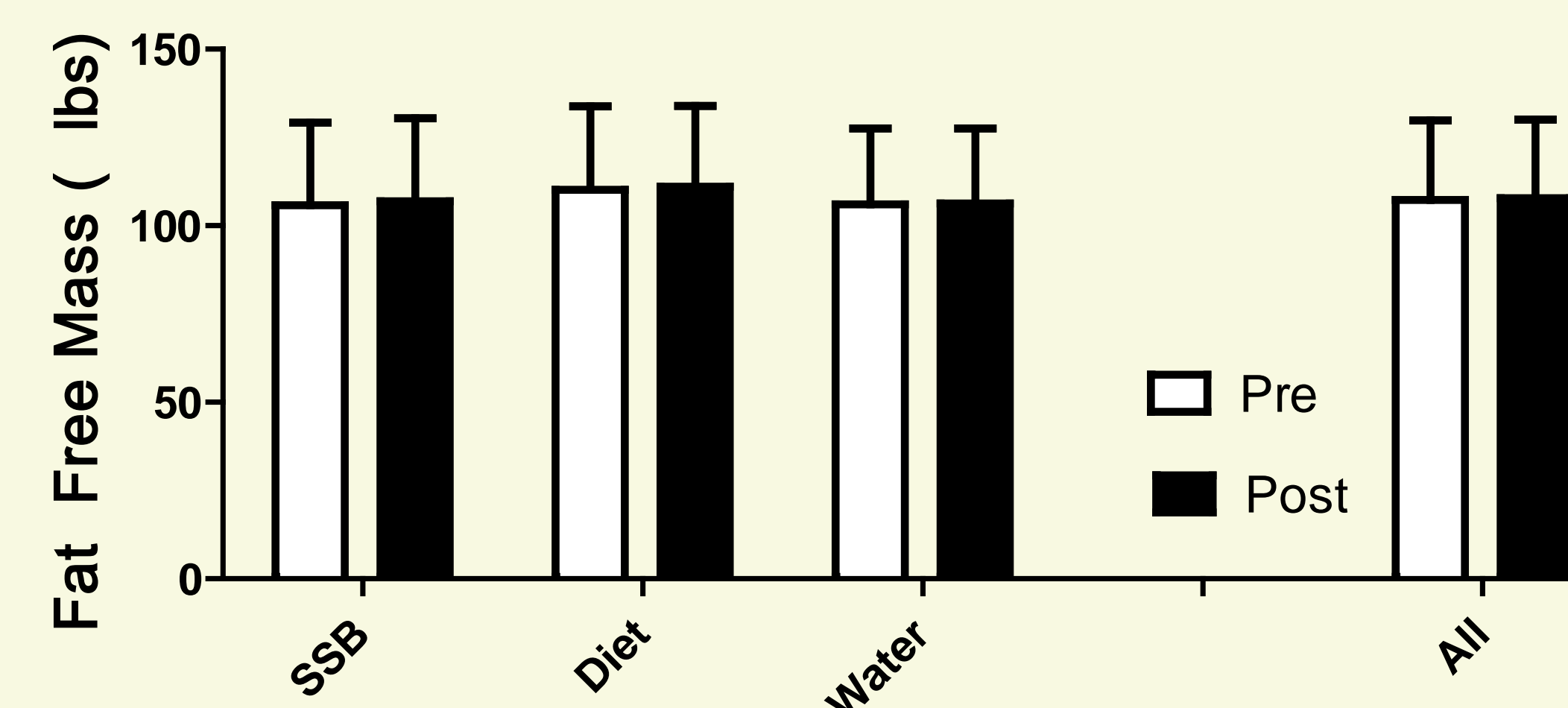
Time $p > 0.05$
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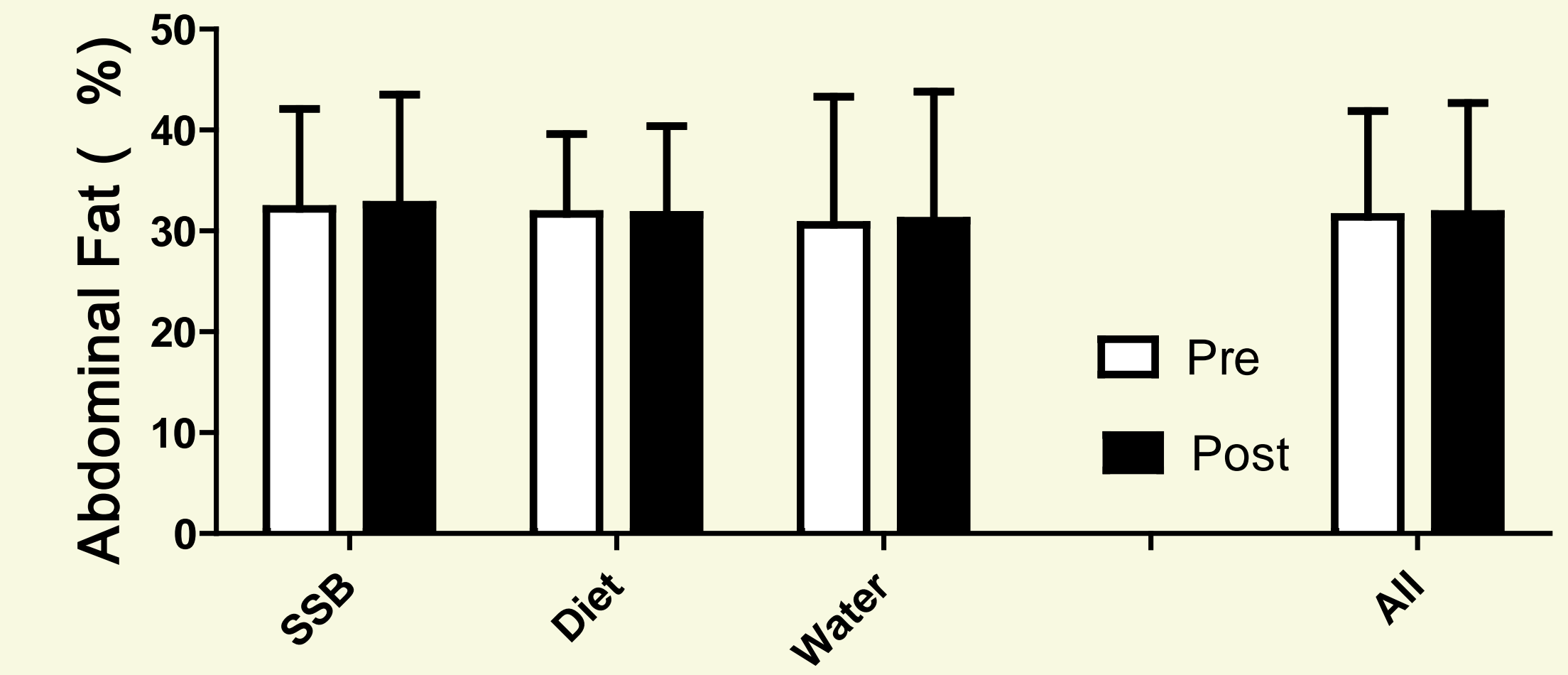
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Discussion & Conclusion

- These data suggest that when consumed as part of a balanced, calorically appropriate diet there is no obesogenic effect of SSB.

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