

Transcript Details

This is a transcript of an educational program accessible on the ReachMD network. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/programs/what-your-patients-are-talking-about/sugar-sweetened-drinks-and-weight-gain/7011/>

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Sugar Sweetened Drinks and Weight Gain

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It is a battle that's been going on for years and now a report in PLOS Medicine takes a look at whether sugar sweetened drinks cause weight gain. Depending on who pays for the research, there could be data. That's at least what researchers in Spain say. In a review of seventeen previous systematic studies, a connection between sugar sweetened beverages consumption and weight gain was found in eighty three percent of the cases in ten out of twelve reviews. Now they are clean systematic reviews as they say. Those were found to have no reported conflict of interest. They concluded that sugar consumption was likely to be a potential risk factor. But in eighty three percent of those whose authors reported financial ties to the food and beverage industry, there was a conclusion that the scientific evidence was insufficient to support a positive association between the sweetened beverage consumption and weight gain.