

Kitchen Creations Faculty Newsletter #24 June 2009

Reduction in consumption of sugar-sweetened beverages is associated with weight loss:
the PREMIER trial

By 2015 it is estimated that 75% of US adults will be overweight or obese. Today, Americans consume 150-300 more calories per day than they did 30 years ago. Caloric beverages account for about 50% of this increase. Energy intake from beverages represents 21% of total daily energy intake in the American population.

PREMIER is a trial to test the blood pressure lowering effects of 2 multi-component behavioral interventions in adults with pre-hypertension or stage 1 hypertension. Participants were randomly assigned to 3 groups: (A) an "advice only" comparison group that received information, but no behavioral counseling on weight loss, increased physical activity, sodium restriction, and the DASH dietary pattern (B) a behavioral intervention group that received counseling on how to lose weight, increase physical activity and reduce sodium intake or (C) a behavioral intervention group that received counseling on the same lifestyle goals as group B along with counseling on the DASH dietary pattern.

Dietary intake was measured by unannounced 24 hour dietary recalls by telephone. Two recalls (one week day and one weekend day) were obtained at baseline, and at 6 months and 18 months. Beverages were divided into 7 categories: 1. high calorie sweetened beverages, 2. diet drinks, 3. milk, 4. 100% juice, 5. coffee and tea sweetened with sugar, 6. coffee and tea without sugar, 7. alcoholic beverages.

Four principal findings emerged from the study:

1. A reduction in liquid calorie intake was significantly associated with weight loss at both 6 and 18 months.
2. The weight-loss effect of a reduction in liquid calorie intake was stronger than that of a reduction in solid calorie intake.
3. A reduction in high calorie sweetened beverages was significantly associated with weight loss at both 6 and 18 months.
4. No other beverage type was associated with weight change.

The study supports policy recommendations and public health efforts to reduce intakes of liquid calories, particularly from high calorie sweetened beverages, in the general public.

Am J Clin Nutr 2009;89:1299-306.

Increased Sweetened Beverage Intake is Associated with Reduced Milk and Calcium Intake in 3 to 7 Year Old Children

Data from this study was from a group of 126 3 to 7 year old twins from diverse ethnic backgrounds who participated in the study from November 1999 to September 2002. At two visits the children ate lunches that offered a variety of foods, sweetened beverages and calcium rich beverages. Each twin ate alone

with his or her mother. The lunch was video taped to capture the parental feeding interactions associated with the meal. These variables were not analyzed in this study. Children were given 30 minutes to consume the meal. Total beverage and nutrient intakes were calculated from the test meals.

The children in this study were on average lean. 53% were non-Hispanic white, 16.2 % were African-American, 14% were Hispanic American, 2/9% were Asian American, and 13/2% identified themselves as "other".

Children consumed 23.9-31.1 calories from milk (both white and chocolate milk) and 37.6-38.0 calories from sweetened beverages (juice, juice drinks, and cola). Findings from these test meals show that intake of sweetened beverages was negatively associated with intake of milk as well as calcium and vitamin D. These findings are cross-sectional and do not demonstrate a causal relationship, but support the notion that sweetened beverages displace intake of milk in children's diets. Previous reports have demonstrated that intake of sweetened beverages increase as children age. Intake of milk decreases as children age.

J Am Diet Assoc 2009;109:497-501

On-Line Resources

The National Diabetes Education Program

NDEP has some power point presentations that can be downloaded and used. You can use the whole presentation or just some of the slides that meet your needs. There are four presentations:

- Diabetes: The Numbers
- Diabetes: The Science of Control
- Diabetes: The Science of Prevention
- *Power to Control* Campaign Community Presentation

Go to: www.ndep.nih.gov/resources/presentations/presentations.htm

Consumer Reports E-mail newsletters

Consumer Reports has 8 free monthly newsletters that you can sign up for

- *What's New on ConsumerReports.ORG* provides the latest product reports, up-to-date product ratings
- *Cars Newsletter* gives the latest car-related trends and news
- *Safety Alerts* has the latest product recalls
- *Health Alert* has unbiased, accurate medical information and breaking medical news
- *Best Buy Drugs* provides information on affordable prescription drugs
- *GreenerChoices.org* provides information on environmental aspects of products and services
- *Heart* gives information on medical research and new on prevention and treatments for heart disease and stroke
- *Child and Teen* has facts on conditions and treatments that impact the health of children and teens

Go to: <http://www.consumerreports.org/cro/customer-service/email-service/e-mail-newsletters/index.htm>

Free Online Diet and Exercise Journals

www.my-calorie-counter.com

With this website, your clients can track their nutrient intake and find the calories that they burned during exercise. They can use a personal blog to connect with others. The data base has 45,000 different generic foods, brand name foods and fast foods. They can get Nutrition Facts labels for many foods. On the Message List there is a Recipe Exchange.

www.SparkPeople.com

This website has a calorie counter and exercise tracker. Your clients can get answers from dietitians and trainers on message boards. They can have a personal homepage and a blog.

www.SparkRecipes.com

This website has healthy recipes. Your clients can also analyze recipes.

www.SparkTeens.com

This webpage is for 13 to 17 year olds. It stresses making small changes to improve health and fitness.

New Education handouts

Advanced Insulin Management: Using Insulin-to-Carb Ratios and Correction Factors

Go to www.dce.org

Click on Education Handouts

Diabetes and Your Waist (information about waist measurement/diabetes risk)

Go to: www.learningaboutdiabetes.org

Click on Handouts and Visual Aids

Look under Preventing Problems