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Articles from the Food Navigator and The Metro on Sugar-free drinks and weight loss

The Executive Director would like to draw your attention to the attached article from the UK Metro Newspaper from 4 January 2017 on the subject of sugar-free drinks and weight loss and the also the link below the link below from Food Navigator.com which gives a more detailed report on this matter.

[Sugar-free drinks no better for weight control, argue researchers](#)

By Will Chu, 04-Jan-2017

Artificially-sweetened beverages (ASB) do not contribute to weight loss and may even be part of the overall obesity problem, researchers claim.

<http://www.foodnavigator.com/Market-Trends/Sugar-free-drinks-no-better-for-weight-control-argue-researchers>

Diet drinks help weight loss? It's a big fizz-take...

SUGAR-FREE diet drinks make no difference to weight and should not be seen as a healthy alternative, experts say.

Claims that artificially sweetened soft drinks can help

combat obesity and type 2 diabetes are not supported by evidence, a study has found.

Prof Christopher Millett, of Imperial College London's School of Public Health, said the

'common perception' that sugar-free drinks are healthier and aid weight loss may be influenced by marketing. Tap water is 'without question' the best choice for those on a diet, nutritionists added.