



# Sugar-Sweetened Beverages\* and Satiety

## **Satiety is key for weight maintenance.**

Satiation — or a feeling of fullness — is the body's signal to stop eating. Without proper satiety signals, people can consume more calories than are needed to maintain a healthy weight.

## **Sweet beverages and foods tempt us to eat more.**

Foods and beverages that are particularly sweet undermine normal satiety signals relayed to the brain, stimulating us to eat more calories than we need.<sup>1</sup>

## **The calories we drink *add* to those we eat rather than replacing them.**

Sugar calories that come in liquid form are not as satiating as those in solid form.<sup>2</sup> For this reason, individuals do not compensate for the calories they consume through sugared-beverages by reducing their food intake.<sup>2</sup> Intake of liquid calories leads to increased overall caloric intake, which supports weight gain.<sup>2</sup> Consumption of sugary drinks may also increase consumption of other foods, leading to increased caloric intake beyond that attributable to the beverages themselves.<sup>3</sup>

**\* NOTE:** *Sugar-sweetened beverages refers to all beverages with added sugars including carbonated soft drinks, juice drinks, sports drinks, flavored and enhanced waters, sweetened teas and energy drinks.*

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## REFERENCES

<sup>1</sup> Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation*. Sep 15 2009;120(11):1011-1020.

<sup>2</sup> Pan A, Hu FB. Effects of carbohydrates on satiety: differences between liquid and solid food. *Curr Opin Clin Nutr Metab Care*. Jul 2011;14(4):385-390.

<sup>3</sup> Vartanian LR, Schwartz MB, Brownell KD. Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis. *Am J Public Health*. Apr 2007;97(4):667-675.

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