The purpose of this study was to conduct a systematic review of prospective studies that examined the association between sugar-sweetened beverage intake before 6y of age and later weight or BMI status among older children. An electronic literature search was conducted in the MEDLINE/PubMed, SciELO, and EBSCO databases of prospective studies published from 2001 to 2011. Seven studies were analyzed. The study population was from 72 to 10,904 children. Three studies showed a consistent association between SSB intake before 6 y of age and increased weight, BMI, or waist circumference later in childhood, one study showed a positive trend of consumption of SSB and childhood obesity and the OR for incidence of overweight by baseline beverage intake was 1.04, another study it was observed that an increase in total sugar intake and sugar from sweets and beverages in children 1-2 y of age and 7-9 y of age have a tendency to increase BMI, and two studies showed no association. In conclusion, although the trend of the reviews studies, indicate an association between sugar-sweetened beverage intake before 6 years of age and weight or BMI status among older children, to date, the results are inconsistent, and the two studies with the higher number of children showed a positive association.

Abstract

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Keywords


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