

# Research Rundown

## Article:

### Sugary Drinks, Artificially-Sweetened Beverages, and Cardiovascular Disease in the NutriNet-Santé Cohort

## What did this study examine?

This study investigated the relationships between the consumption of **sugary drinks, artificially sweetened beverages (ASB)**, and the risk of **cardiovascular disease (CVD)** in a large prospective cohort of almost 17,000 participants over the age of 15 years old. This cohort launched in France in 2009 to investigate nutrition and health relationships. Online questionnaires and web-based 24 hour dietary records (examining physical activity, socioeconomic status, anthropometry) were regularly administered to participants every six months. This study focused on first incident cases of stroke, transient ischemic attack, myocardial infarction, acute coronary syndrome, and angioplasty and how these CVD cases correlated with sugary drinks and ASBs. For each type of beverage, three categories of intake were defined: non-consumers, low consumers, and high consumers.

#### Sugary Beverages



Beverages containing more than 5% sugar:

- Soft drinks
- Syrups
- 100% juice
- Fruit drinks

#### Artificially Sweetened Beverages



All beverages containing non-nutritive sweeteners:

- Aspartame
- Acesulfame-K
- Neotame
- Stevia

## Key findings:

- 1** Higher intakes of **BOTH** sugary drinks and ASBs are associated with **higher risk** of cardiovascular disease.
- 2** ASBs are equally associated with CVD risk and are **NOT** a healthy substitute for sugary drinks.
- 3** High consumers of both sugary beverages and ASBs are associated with a **13%** and **15%**, respectively, higher **risk** of first incident CVD.

## Put it into practice!

- Aim to serve whole fruits and vegetables in place of 100% juice at least two days per week.
- Decrease the number of days 100% juice (sugary drinks) is offered throughout the week.
- Get creative! Create excitement about low sugar beverages during both breakfast and lunch service.
  - Example: Highlight plain milk instead of flavored milk during breakfast and lunch service.
- Organize milk coolers to showcase plain milk by placing plain milk in front of higher-sugar flavored milk.

#### Reference:

Chazelas, E., Debras, C., Fezeu, L., Julia, C., Hercberg, S., Deschasaux, M., & Touvier, M. (2020). Sugary drinks, artificially sweetened beverages and cardiovascular disease in NutriNet-Santé cohort. *European Journal of Public Health*, 30(Supplement\_5), ckaa165-573.  
<https://www.jacc.org/doi/10.1016/j.jacc.2020.08.075>



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