

## **Lower body mass index associated with fruit juice and other healthy lifestyle factors**

There has been some debate about how our beverage choices affect body weight with a focus on sugar content and energy density. Contrary to suggestions from some government bodies, a recent observational study has found that fruit juice consumption was statistically associated with *lower* body mass index.

The Food4Me study, conducted across seven European countries, included data from 1441 European adults who completed a food frequency questionnaire to evaluate their food and drink habits. Body weight, height and waist circumference were also self-reported over the internet.

The results showed that fruit juice consumption; along with other factors such as eating oily fish, polyunsaturated fat, nuts, dairy, wholegrains and more fibre, fruit and vegetables; were significantly associated with having a lower body mass index. Other factors such as time spent being sedentary were associated with a higher body mass index.

These findings highlight the importance of overall dietary and lifestyle patterns in weight management. Contrary to previous beliefs, drinking fruit juice appears to be part of a favourable dietary pattern that helps, rather than hinders, healthy weight maintenance.

*For more information, see:*

Celis-Morales C et al. (2017) Correlates of overall and central obesity in adults from seven European countries: findings from the Food4Me Study. Eur J Clin Nutr. Available at:

<https://www.nature.com/articles/s41430-017-0004-y>