**Study: Cutting Out One Sugary Drink is Good for Your Health**

A new study shows that replacing one sugary drink a day with water can help a person lose weight and improve their health.

Kiyah J. Duffey (http://vtnews.vt.edu/articles/2016/08/081016-fralin-sugarydrinks.html) helped to write a report on the study. She says no matter how many sugar-sweetened beverages someone drinks, “replacing even just one servingcan be of benefit.”

Duffy is a specialist on human nutrition, foods and exercise. She teaches at the College of Agriculture and Life Sciences at Virginia Tech University in Blacksburg.

Medical experts believe sugary drinks are partly to blame for the obesity epidemic in some areas. The drinks have also been linked to Type 2 diabetes and heart disease.

The U.S. government's "2015 Dietary Guidelines for Americans" says no more than 10 percent of a person’s daily calories should come from sugary drinks.

Duffy says just replacing one 236-milliliter sugary drink with the same amount of water would help people reach that target.

“We found that among (American) adults who (drink) one serving of sugar-sweetened beverages per day, replacing that drink with water lowered the percent ofcalories coming from drinks from 17 to 11,” she said. “Even those who consumed more sugary drinks per day could still benefit from water replacement, dropping the amount of calories coming from beverages to less than 25 percent of their daily caloric intake," she said.

The report was published in the journal Nutrients. (http://www.ncbi.nlm.nih.gov/pubmed/27367719)

I’m Caty Weaver.

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**Words in This Story**

**beverage** – n. something you can drink; a liquid for drinking

**serving** – n. an amount of food or drink that is enough for one person

**benefit** – n. a good or helpful result or effect

**obesity** – adj. very fat; fat in a way that is unhealthy

**epidemic** – n. an occurrence in which a disease spreads very quickly and affects a large number of people

**calorie** – n. a unit of heat used to indicate the amount of energy that foods will **produce in the human body**

**intake** – n. the amount of something (such as food or drink) that is taken into your body