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**100% FRUIT JUICE CONSUMPTION IS NOT RELATED TO OVERWEIGHT CHILDREN
NEW RESEARCH PUBLISHED IN THE *AMERICAN JOURNAL OF LIFESTYLE MEDICINE***

Los Angeles, London, New Delhi, and Singapore (May 21, 2008) – The statistics about overweight children are alarming. Over the past 20 years, there has been an increased prevalence of overweight and at-risk-for overweight in all ages and ethnic groups. Despite studies that assert otherwise however, 100% fruit juice consumption is not related to overweight in children, according to research in the May/June issue of the *American Journal of Lifestyle Medicine (AJLM)*, published by SAGE.

The article, authored by Carol E. O'Neil, PhD, MPH, LDN, RD, Louisiana State University, and Theresa A. Nicklas, DrPH, USDA/ARS Children's Nutrition Research Center, Baylor College of Medicine, examined 21 studies about a relationship between consumption of 100% fruit juice by children and weight, and found "there is no systematic association between consumption of 100% fruit juice and overweight in children or adolescents."

"Health professionals and policy makers should be encouraged to objectively review the literature on all beverages and encourage consumption of healthful beverages including water, milk, and 100% fruit juice," write the authors. "The data support the moderate consumption of 100% fruit juice, and this may be an important strategy to help children meet the current recommendations for fruit."

"The rising epidemic of overweight children should be a cause for great concern among healthcare professionals and the public at large," said James M. Rippe, M.D., cardiologist and Editor-in-Chief of *AJLM*. "The finding that the consumption of 100% juice by the young is not associated with overweight is very important since those juices are nutrient dense and their consumption represents an excellent way to help children meet the dietary guidelines for Americans. The article clears up misconceptions that many may have about this issue."

The article, "A Review of the Relationship Between 100% Fruit Juice Consumption and Weight in Children and Adolescents," can be viewed for free for a limited time online at <http://ajl.sagepub.com/cgi/rapidpdf/1559827608317277v1>.

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The American Journal of Lifestyle Medicine publishes a broad range of articles intended to help primary care providers and other health professionals guide their patients to lead healthier lifestyles. The journal provides commentaries and research reviews on nutrition and diet, cardiovascular disease, obesity, anxiety and depression, sleep problems, metabolic disease, and more in a readable, immediately accessible, and usable format. <http://ajl.sagepub.com>.

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