



Beverage Consumption and Health

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Message from the Guest Editor

Diet and nutrition play an important role in the promotion and maintenance of good health throughout the life course. In the past several years, there has been a significant attempt to reduce sugars in foods and beverages in an effort to aid the prevention of obesity and chronic diseases.

Studies indicate that the consumption of sugar-sweetened beverages (SSBs) such as sodas, sports drinks, and fruit drinks increase the risk of weight gain, type 2 diabetes mellitus, dental caries, cardiovascular diseases, and some cancers. On the other hand, the consumption of healthier beverages can have positive effects on human health. Higher milk consumption has been prospectively linked to lower body fat percentage and body mass index, and drinking water may help limit excessive weight gain.

This Special Issue of *Nutrients*, entitled “Beverage Consumption and Human Health”, welcomes the submission of manuscripts which provide robust evidence on the effects of beverage consumption on human health to drive policy and regulatory actions.





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