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Diet drinks may be as unhealthy as sugary ones – 1st November, 2020

Level 0

People think diet soda is healthier than fizzy drinks. A new study says it can be as bad for our heart. Researchers said people should not drink diet sodas and other artificially sweetened drinks. A heart doctor said it is "fake news" that artificial sweeteners are better than sugar. Sweeteners are linked to weight gain and diabetes.

The researchers studied 100,000 people. They recorded their diet, activity level, and health status. The data showed that artificially sweetened drinks led to a risk of heart disease. A doctor said, "water and more water should be the drink of choice" for children. He said children should not have soda as it causes obesity.

Level 1

People think diet sodas are healthier than fizzy drinks. A new study says diet sodas can be as bad for our heart as sugar-filled fizzy drinks. Researchers said people should avoid diet sodas and other artificially sweetened drinks because artificial sweeteners in diet drinks are not healthy. A heart specialist said the idea that artificial sweeteners are a substitute for sugar is "fake news". He added that sweeteners are linked to weight gain and diabetes.

The research is in a cardiology journal. It looked at data from 100,000 people. The people recorded their diet, activity level, and health status. The researchers said artificially sweetened drinks led to a higher risk of heart disease. They added: "Water, water, and more water should be the [drink] of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be...in children's diets."

Level 2

People drink diet soda to diet. They think these drinks are healthier than fizzy drinks. A new study says "diet" versions of sugary drinks can be as bad for our heart as sugar-filled fizzy drinks. The researchers said people should avoid diet sodas and other artificially sweetened drinks if they want to stay healthy. They said artificial sweeteners in diet drinks are not healthy. A heart specialist said: "The belief that artificial sweeteners are a safe substitute for sugar is fake news." He added: "Artificial sweeteners have been associated with weight gain...and diabetes."

The research is published in an American cardiology journal. Researchers looked at data from 100,000 people. The people recorded their diet, activity level, and health status twice a year. The researchers said: "Higher intakes of...artificially sweetened beverages were associated with a higher risk of [heart] disease." They said artificially sweetened drinks were not so healthy. They added: "Water, water, and more water should be the [drink] of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be...in children's diets."

Level 3

Many people drink diet sodas as part of their diet. They believe these drinks are healthier than fizzy drinks. However, according to a new study, "diet" versions of sugary drinks can be as bad for our heart as fizzy drinks that are loaded with sugar. The researchers who conducted the study said people should avoid diet sodas and other artificially sweetened beverages if they want to look after their health. They said the artificial sweeteners in diet drinks are not healthy. Dr Guy Mintz, a heart specialist, said: "The belief that artificial sweeteners are a safe substitute for sugar is fake news." He added: "Artificial sweeteners have been associated with weight gain, insulin resistance, and diabetes."

The research is published in the Journal of the American College of Cardiology. Researchers looked at health data from over 100,000 people in France. Participants in the study recorded their diet, activity level, and health status every six months. The researchers said: "Higher intakes of...artificially sweetened beverages were associated with a higher risk of cardiovascular disease, suggesting that artificially sweetened beverages might not be a healthy substitute for sugary drinks." They added: "Water, water, and more water should be the beverage of choice. Given childhood obesity, no sweetened or artificially sweetened beverage should be a staple in children's diets."