

WHAT IS THE RELATIONSHIP BETWEEN BEVERAGE CONSUMPTION AND GROWTH, SIZE, BODY COMPOSITION, AND RISK OF OVERWEIGHT AND OBESITY?

This document describes the protocol for a systematic review to answer the following question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

The 2020 Dietary Guidelines Advisory Committee, Beverages and Added Sugars Subcommittee, answered this question by conducting a systematic review with support from the USDA's Nutrition Evidence Systematic Review (NESR).

NESR methodology for answering a systematic review question involves:

- searching for and selecting articles,
- extracting data and assessing the risk of bias of results from each included article,
- synthesizing the evidence,
- developing a conclusion statement,
- grading the evidence underlying the conclusion statement, and
- recommending future research.

More information about NESR's systematic review methodology is available on the NESR website: <https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews>.

This protocol is up-to-date as of: 4/20/2020.

This document reflects the protocol as it was implemented. It now includes the electronic databases and search terms, and literature search and screening results, including a list of included articles, and a list of excluded articles with the rationale for exclusion.

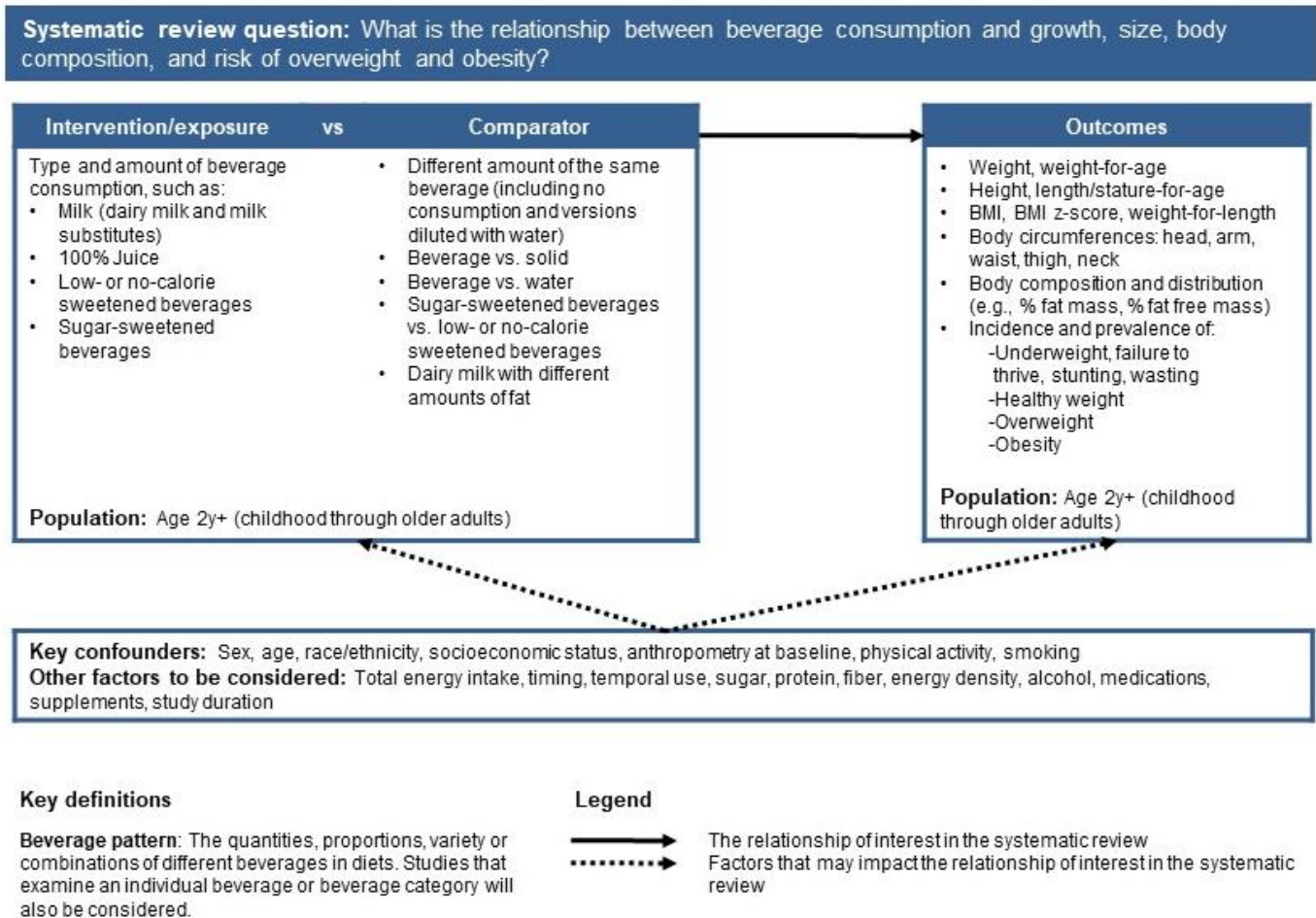
This document includes details about the methodology as it was applied to the systematic review:

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ANALYTIC FRAMEWORK

The analytic framework (**Figure 1**) illustrates the overall scope of the systematic review, including the population, the interventions and/or exposures, comparators, and outcomes of interest. It also includes definitions of key terms and identifies key confounders considered in the systematic review. The inclusion and exclusion criteria that follow provide additional information about how parts of the analytic framework were defined and operationalized for the review.

Figure 1. Analytic framework



LITERATURE SEARCH AND SCREENING PLAN

Inclusion and exclusion criteria

This table provides the inclusion and exclusion criteria for the systematic review. The inclusion and exclusion criteria are a set of characteristics used to determine which articles identified in the literature search were included in or excluded from the systematic review.

Table 1. Inclusion and exclusion criteria

Category	Inclusion Criteria	Exclusion Criteria
Study design	<ul style="list-style-type: none"> • Randomized controlled trials • Non-randomized controlled trials (including quasi experimental and controlled before-and-after studies) • Prospective cohort studies • Retrospective cohort studies • Nested case-control studies • Mendelian randomization studies 	<ul style="list-style-type: none"> • Uncontrolled trials • Case-control studies • Cross-sectional studies • Uncontrolled before-and-after studies • Obesity treatment studies • Narrative reviews • Systematic reviews • Meta-analyses
Intervention/exposure	<p>Type and amount of beverage consumption of the following beverage types:</p> <ul style="list-style-type: none"> • Milk (dairy milk and milk substitutes, including flavored milk) • 100% Juice • Low- or no-calorie sweetened beverages (LNCSB) • Sugar-sweetened beverages (SSB) 	<ul style="list-style-type: none"> • Other beverage types, including: Coffee, tea, water, and nutritional beverages (e.g., protein shakes, smoothies) • Studies focusing on specific nutrients added to beverages instead of a beverage as a whole (i.e., studies where beverages are the delivery mechanism for a nutrient) • Beverages that are not commercially available (e.g., experimentally manipulated beverages) • Supplements • Alcohol • Soups

Category	Inclusion Criteria	Exclusion Criteria
Comparator	<ul style="list-style-type: none"> • Different amount of the same beverage (including no consumption and versions diluted with water) • Beverage vs. solid • Beverage vs. water • Sugar-sweetened beverages vs. low- or no-calorie sweetened beverages • Dairy milk with different amounts of fat 	<ul style="list-style-type: none"> • No comparator • Studies comparing different types of beverages (with the exception of studies comparing a beverage to plain water, dairy milk with different amounts of fat, and sugar-sweetened beverages to low- or no-calorie sweetened beverages)
Outcomes	<ul style="list-style-type: none"> • Weight, weight-for-age • Height, length/stature-for-age • BMI, BMI z-score, weight-for-length • Body circumferences: head, arm, waist, thigh, neck • Body composition and distribution (e.g., % fat mass, % fat free mass) • Incidence and prevalence of: <ul style="list-style-type: none"> ○ Underweight, failure to thrive, stunting, wasting ○ Healthy weight ○ Overweight ○ Obesity 	
Date of publication	<ul style="list-style-type: none"> • For Milk, Juice, LNCSB: January 2000 – June 2019 • For SSB: January 2012 – June 2019ⁱ 	<ul style="list-style-type: none"> • For Milk, Juice, LNCSB: Articles published prior to 2000 • For SSB: articles published prior to 2012
Publication status	<ul style="list-style-type: none"> • Articles published in peer-reviewed journals 	<ul style="list-style-type: none"> • Articles not published in peer-reviewed journals, including unpublished data, manuscripts, reports, pre-prints, abstracts, and conference proceedings
Language of publication	<ul style="list-style-type: none"> • Articles published in English 	<ul style="list-style-type: none"> • Articles published in languages other than English

ⁱ This publication date range criteria was applied to the review of SSB evidence because the 2015 Dietary Guidelines Advisory Committee reviewed evidence on the relationship between added sugars, including SSB, and body weight/obesity, published up to January 2012.

Category	Inclusion Criteria	Exclusion Criteria
Countryⁱⁱ	<ul style="list-style-type: none"> Studies conducted in Very High or High Human Development Countries 	<ul style="list-style-type: none"> Studies conducted in Medium or lower Human Development Countries
Study participants	<ul style="list-style-type: none"> Human subjects Males Females (including pregnant and lactating women) 	<ul style="list-style-type: none"> Animal subjects Hospitalized samples
Age of study participants	<ul style="list-style-type: none"> Age at intervention or exposure: <ul style="list-style-type: none"> Child (2-5 years) Child (6-12 years) Adolescents (13-18 years) Adults (19 and older) Older adults (65+ years) Age at outcome: <ul style="list-style-type: none"> Child (2-5 years) Child (6-12 years) Adolescents (13-18 years) Adults (19 and older) Older adults (65+ years) 	<ul style="list-style-type: none"> Age at intervention or exposure: <2y Age at outcome: <2y
Health status of study participants	<ul style="list-style-type: none"> Studies that enroll participants who are healthy and/or at risk for chronic disease Studies that enroll <i>some</i> participants diagnosed with a disease Studies that enroll <i>some</i> participants who are classified as underweight, stunted, wasted, or obese 	<ul style="list-style-type: none"> Studies that <i>exclusively</i> enroll participants diagnosed with a disease, or hospitalized with an illness or injury Studies that <i>exclusively</i> enroll participants classified as obese (i.e., studies that aim to treat participants who have already been classified as obese)

ⁱⁱ The Human Development classification was based on the Human Development Index (HDI) ranking from the year the study intervention occurred or data was collected. If the study did not report the year in which the intervention occurred or data were collected, the HDI classification for the year of publication was applied. HDI values are available from 1980, and then from 1990 to present. If a study was conducted prior to 1990, the HDI classification from 1990 was applied. When a country was not included in the HDI ranking, the current country classification from the World Bank is used instead.

Electronic databases and search terms

PubMed

- Provider: U.S. National Library of Medicine
- Date(s) Searched: June 20, 2019
- Date range searched: January 1, 2000-June 20, 2019
- Search terms:

#3 - (#1 AND #2) NOT ("Animals"[Mesh] NOT ("Animals"[Mesh] AND "Humans"[Mesh])) NOT (editorial[ptyp] OR comment[ptyp] OR news[ptyp] OR letter[ptyp] OR review[ptyp] OR systematic review[ptyp] OR systematic review[ti] OR meta-analysis[ptyp] OR meta-analysis[ti] OR meta-analyses[ti] OR retracted publication[ptyp] OR retraction of publication[ptyp] OR retraction of publication[tiab] OR retraction notice[ti]) Filters: Publication date from 2000/01/01 to 2019/06/20; English

#2 - "Body Composition"[Mesh] OR body composition[tiab] OR fat mass[tiab] OR fat free mass[tiab] OR healthy weight[tiab] OR underweight[tiab] OR wasting[tiab] OR failure to thrive[tiab] OR "Waist Circumference"[Mesh] OR waist circumference[tiab] OR head circumference[tiab] OR arm circumference[tiab] OR thigh circumference[tiab] OR neck circumference[tiab] OR "Body Height"[Mesh:NoExp] OR body height[tiab] OR stunting[tiab] OR stunted[tiab] OR "Overweight"[Mesh] OR overweight[tiab] OR obesity[tiab] OR obese[tiab] OR "Body Mass Index"[Mesh] OR body mass index[tiab] OR BMI[tiab] OR body fat[tiab]

#1 - "Beverages"[Mesh:NoExp] OR beverage[tiab] OR beverages[tiab] OR sports drink* OR protein drink* OR fortified drink* OR sweetened drink* OR sweet drink* OR sugary drink* OR dairy drink* OR chocolate drink* OR nutritional drink* OR smoothie*[tiab] OR protein shake* OR meal replacement*[tiab] OR carbonated drink*[tiab] OR soft drink*[tiab] OR soda[tiab] OR sodas[tiab] OR caffeinated drink*[tiab] OR "Drinking Water"[Mesh] OR drinking water[tiab] OR bottled water[tiab] OR "Carbonated Beverages"[Mesh] OR carbonated water[tiab] OR sparkling water[tiab] OR flavored water[tiab] OR flavoured water[tiab] OR flavoured drink[tiab] OR flavored drink* OR "Energy Drinks"[Mesh] OR energy drink*[tiab] OR sugar sweetened drink* OR "Fruit and Vegetable Juices"[Mesh] OR juice[tiab] OR juices[tiab] OR fruit drink* OR fizzy drink* OR "Coffee"[Mesh] OR coffee[tiab] OR "Tea"[Mesh] OR tea[tiab] OR "Milk"[Mesh:NoExp] OR milk[tiab] OR "Soy Milk"[Mesh] OR soymilk[tiab] OR "Buttermilk"[Mesh] OR buttermilk[tiab] OR "Whey"[Mesh] OR whey[tiab] OR liquid[tiab] OR liquids[tiab]

Cochrane Central Register of Controlled Trials (CENTRAL)

- Provider: John Wiley & Sons
- Date(s) Searched: June 20, 2019
- Date range searched: January 1, 2000-June 20, 2019
- Search terms:

#1 - [mh ^Beverages] OR [mh "Drinking Water"] OR [mh "Carbonated Beverage"] OR [mh "Energy Drink"] OR [mh "Fruit and Vegetable Juice"] OR [mh Coffee] OR [mh ^Milk]

#2 - (beverage OR beverages OR "sports drink" OR "protein drink" OR "fortified drink" OR "sweetened drink" OR "sweet drink" OR "sugary drink" OR "dairy drink" OR "chocolate drink" OR "nutritional drink" OR smoothie* OR "protein shake" OR "meal replacement" OR

“carbonated drink” OR “soft drink” OR soda OR sodas OR “caffeinated drink” OR “drinking water” OR “bottled water” OR “carbonated water” OR “sparkling water” OR “flavored water” OR “flavoured water” OR “flavoured drink” OR “flavored drink*” OR “energy drink” OR “sugar sweetened drink” OR juice OR juices OR “fruit drink” OR “fizzy drink” OR coffee OR tea OR milk OR soymilk OR buttermilk OR whey OR liquid OR liquids):ti,ab,kw"

#3 - #1 OR #2"

#4 - [mh "Body Composition"] OR [mh "Waist Circumference"] OR [mh ^"Body Height"] OR [mh "Overweight"] OR [mh "Body Mass Index"]"

#5 - (“body composition” OR “fat mass” OR “fat free mass” OR “healthy weight” OR underweight OR wasting OR “failure to thrive” OR “waist circumference” OR “head circumference” OR “arm circumference” OR “thigh circumference” OR “neck circumference” OR “body height” OR stunting OR stunted OR overweight OR obesity OR obese OR “body mass index” OR BMI OR “body fat”):ti,ab,kw"

#6 - #4 OR #5"

#7 - #3 AND #6 with Publication Year from 2000 to 2019, in Trials (Word variations have been searched)

Embase

- Provider: Elsevier
- Date(s) Searched: June 20, 2019
- Date range searched: January 1, 2000-June 20, 2019
- Search terms:

#8 - #3 AND #6 AND ([article]/lim OR [article in press]/lim) AND [humans]/lim AND [english]/lim AND [2000-2019]/py NOT ([conference abstract]/lim OR [conference review]/lim OR [conference paper]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [note]/lim OR [review]/lim OR [systematic review]/lim OR [meta analysis]/lim)

#7- #3 AND #6

#6 - #4 OR #5

#5 - 'body composition':ab,ti OR 'fat mass':ab,ti OR 'fat free mass':ab,ti OR 'healthy weight':ab,ti OR underweight:ab,ti OR wasting:ab,ti OR 'failure to thrive':ab,ti OR 'waist circumference':ab,ti OR 'head circumference':ab,ti OR 'arm circumference':ab,ti OR 'thigh circumference':ab,ti OR 'neck circumference':ab,ti OR 'body height':ab,ti OR stunting:ab,ti OR stunted:ab,ti OR overweight:ab,ti OR obesity:ab,ti OR obese:ab,ti OR 'body mass index':ab,ti OR bmi:ab,ti OR 'body fat':ab,ti

#4 - 'body composition'/exp OR 'waist circumference'/de OR 'body height'/de OR 'obesity'/exp OR 'body mass'/de

#3 - #1 OR #2

#2 - beverage OR beverages OR 'sports drink*' OR 'protein drink*' OR 'fortified drink*' OR

Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

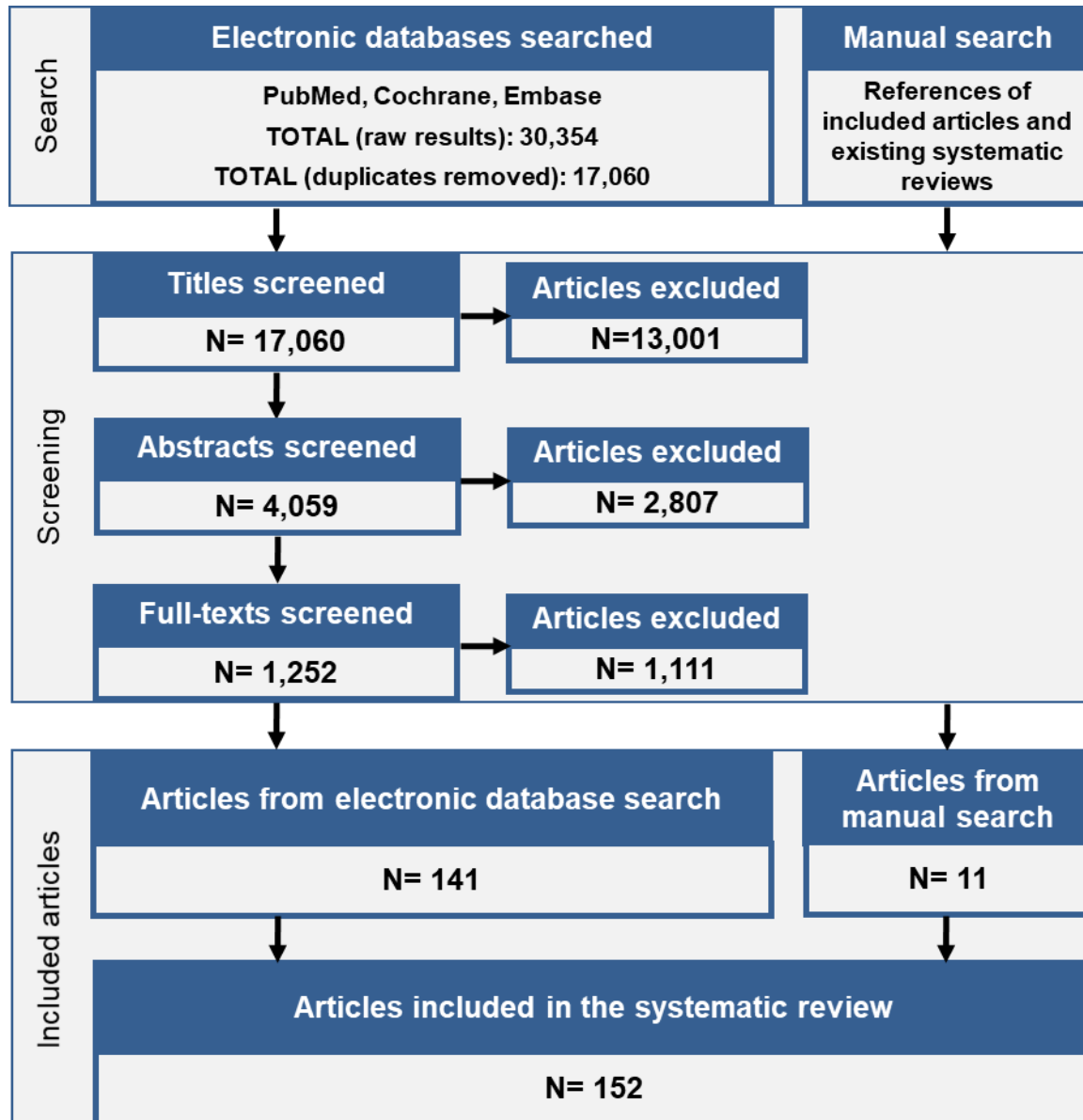
'sweetened drink*' OR 'sweet drink*' OR 'sugary drink*' OR 'dairy drink*' OR 'chocolate drink*' OR 'nutritional drink*' OR smoothie* OR 'protein shake*' OR 'meal replacement*' OR 'carbonated drink*' OR 'soft drink*' OR soda OR sodas OR 'caffeinated drink*' OR 'drinking water' OR 'bottled water' OR 'carbonated water' OR 'sparkling water' OR 'flavored water' OR 'flavoured water' OR 'flavoured drink' OR 'flavored drink*' OR 'energy drink*' OR 'sugar sweetened drink*' OR juice OR juices OR 'fruit drink*' OR 'fizzy drink*' OR coffee OR tea OR milk OR soymilk OR buttermilk OR whey OR liquid OR liquids

#1 - 'beverage'/de OR 'drinking water'/de OR 'carbonated beverage'/de OR 'energy drink'/de OR 'fruit and vegetable juice'/exp OR 'coffee'/exp OR 'milk'/de OR 'soybean milk'/de OR 'buttermilk'/de OR 'whey'/de

LITERATURE SEARCH AND SCREENING RESULTS

The flow chart (**Figure 2**) below illustrates the literature search and screening results for articles examining the systematic review question. The results of the electronic database searches, after removal of duplicates, were screened independently by two NESR analysts using a step-wise process by reviewing titles, abstracts, and full-texts to determine which articles met the inclusion criteria. Refer to **Table 2** for the rationale for exclusion for each excluded full-text article. A manual search was done to find articles that were not identified when searching the electronic databases; all manually identified articles are also screened to determine whether they meet criteria for inclusion.

Figure 2. Flow chart of literature search and screening resultsⁱⁱⁱ



ⁱⁱⁱ The number of included articles per beverage type: milk=62, juice=42, sugar-sweetened beverages (SSB)=72, low and no-calorie sweetened beverages (LNCSB)=37, SSB vs LNCSB=8

Included Articles

1. Altman M, Cahill Holland J, Lundeen D, et al. Reduction in food away from home is associated with improved child relative weight and body composition outcomes and this relation is mediated by changes in diet quality. *J Acad Nutr Diet*. 2015;115(9):1400-1407.doi: 10.1016/j.jand.2015.03.009.
2. Alviso-Orellana C, Estrada-Tejada D, Carrillo-Larco RM, Bernabe-Ortiz A. Sweetened beverages, snacks and overweight: findings from the Young Lives cohort study in Peru. *Public Health Nutr*. 2018;21(9):1627-1633.doi: 10.1017/s1368980018000320.
3. Ambrosini GL, Oddy WH, Huang RC, Mori TA, Beilin LJ, Jebb SA. Prospective associations between sugar-sweetened beverage intakes and cardiometabolic risk factors in adolescents. *Am J Clin Nutr*. 2013;98(2):327-334.doi: 10.3945/ajcn.112.051383.
4. Appelhans BM, Baylin A, Huang MH, et al. Beverage Intake and Metabolic Syndrome Risk Over 14 Years: The Study of Women's Health Across the Nation. *J Acad Nutr Diet*. 2017;117(4):554-562.doi: 10.1016/j.jand.2016.10.011.
5. Aptekmann NP, Cesar TB. Orange juice improved lipid profile and blood lactate of overweight middle-aged women subjected to aerobic training. *Maturitas*. 2010;67(4):343-347.doi: 10.1016/j.maturitas.2010.07.009.
6. Arnberg K, Molgaard C, Michaelsen KF, Jensen SM, Trolle E, Larnkjaer A. Skim milk, whey, and casein increase body weight and whey and casein increase the plasma C-peptide concentration in overweight adolescents. *J Nutr*. 2012;142(12):2083-2090.doi: 10.3945/jn.112.161208.
7. Auerbach BJ, Littman AJ, Krieger J, et al. Association of 100% fruit juice consumption and 3-year weight change among postmenopausal women in the in the Women's Health Initiative. *Prev Med*. 2018;109:8-10.doi: 10.1016/j.ypmed.2018.01.004.
8. Babio N, Becerra-Tomas N, Martinez-Gonzalez MA, et al. Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. *J Nutr*. 2015;145(10):2308-2316.doi: 10.3945/jn.115.214593.
9. Barone Gibbs B, Kinzel LS, Pettee Gabriel K, Chang YF, Kuller LH. Short- and long-term eating habit modification predicts weight change in overweight, postmenopausal women: results from the WOMAN study. *J Acad Nutr Diet*. 2012;112(9):1347-1355.e1342.doi: 10.1016/j.jand.2012.06.012.
10. Barr SI, McCarron DA, Heaney RP, et al. Effects of increased consumption of fluid milk on energy and nutrient intake, body weight, and cardiovascular risk factors in healthy older adults. *J Am Diet Assoc*. 2000;100(7):810-817.doi: 10.1016/s0002-8223(00)00236-4.
11. Barrio-Lopez MT, Martinez-Gonzalez MA, Fernandez-Montero A, Beunza JJ, Zazpe I, Bes-Rastrollo M. Prospective study of changes in sugar-sweetened beverage consumption and the incidence of the metabolic syndrome and its components: the SUN cohort. *Br J Nutr*. 2013;110(9):1722-1731.doi: 10.1017/s0007114513000822.
12. Berkey CS, Colditz GA, Rockett HR, Frazier AL, Willett WC. Dairy consumption and female height growth: prospective cohort study. *Cancer Epidemiol Biomarkers Prev*. 2009;18(6):1881-1887.doi: 10.1158/1055-9965.Epi-08-1163.
13. Berkey CS, Rockett HR, Field AE, Gillman MW, Colditz GA. Sugar-added beverages and adolescent weight change. *Obes Res*. 2004;12(5):778-788.doi: 10.1038/oby.2004.94.
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19. Boggs DA, Rosenberg L, Coogan PF, Makambi KH, Adams-Campbell LL, Palmer JR. Restaurant foods, sugar-sweetened soft drinks, and obesity risk among young African American women. *Ethn Dis.* 2013;23(4):445-451.doi.
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149. Zheng M, Rangan A, Allman-Farinelli M, Rohde JF, Olsen NJ, Heitmann BL. Replacing sugary drinks with milk is inversely associated with weight gain among young obesity-predisposed children. *Br J Nutr*. 2015;114(9):1448-1455.doi: 10.1017/s0007114515002974.
150. Zheng M, Rangan A, Olsen NJ, et al. Substituting sugar-sweetened beverages with water or milk is inversely associated with body fatness development from childhood to adolescence. *Nutrition*. 2015;31(1):38-44.doi: 10.1016/j.nut.2014.04.017.
151. Zheng M, Rangan A, Olsen NJ, et al. Sugar-sweetened beverages consumption in relation to changes in body fatness over 6 and 12 years among 9-year-old children: the European Youth Heart Study. *Eur J Clin Nutr*. 2014;68(1):77-83.doi: 10.1038/ejcn.2013.243.
152. Zulfiqar T, Strazdins L, Dinh H, Banwell C, D'Este C. Drivers of Overweight/Obesity in 4-11 Year Old Children of Australians and Immigrants; Evidence from Growing Up in Australia. *J Immigr Minor Health*. 2019;21(4):737-750.doi: 10.1007/s10903-018-0841-3.

Excluded Articles

The table below lists the articles excluded after full-text screening, and includes a column for the categories of inclusion and exclusion criteria (see **Table 1**) that studies were excluded based on. At least one reason for exclusion is provided for each article, though this may not reflect all possible reasons for exclusion. Information about articles excluded after title and abstract screening is available upon request.

Table 2. Articles excluded after full text screening with rationale for exclusion

	Citation	Rationale
1	Adam, S, Westenhoefer, J, Rudolphi, B, Kraaibeek, HK. Three- and five-year follow-up of a combined inpatient-outpatient treatment of obese children and adolescents. <i>Int J Pediatr.</i> 2013. 2013:856743. doi:10.1155/2013/856743.	Intervention/exposure
2	Adams, A, LaRowe, T, Cronin, KA, Prince, RJ, Jobe, JB. Healthy children, strong families: results of a randomized trial of obesity prevention for preschool American Indian children and their families. <i>Obesity (silver spring, md.).</i> 2011. 19:S110-. doi:10.1038/oby.2011.226.	Publication status
3	Adams, A, Receveur, O, Mundt, M, Paradis, G, Macaulay, AC. Healthy lifestyle indicators in children (grades 4 to 6) from the Kahnawake Schools Diabetes Prevention Project. <i>Canadian Journal of Diabetes.</i> 2005. 29:403-409. doi:#electronic resource number#.	Study design
4	Aeberli, I, Gerber, PA, Hochuli, M, Haile, S, Gouni-Berthold, I, Berthold, HK, Spinass, GA, Berneis, K. Low to moderate consumption of sugar-sweetened beverages impairs glucose and lipid metabolism and promotes inflammation in healthy young men - A randomized, controlled trial. <i>Obesity reviews.</i> 2011. 12:54-55. doi:10.1111/j.1467-789X.2011.00888.x.	Intervention/exposure; Comparator
5	Afzalpour, ME, Ghasemi, E, Zarban, A. Effects of 10 weeks of high intensity interval training and green tea supplementation on serum levels of Sirtuin-1 and peroxisome proliferator-activated receptor gamma co-activator 1-alpha in overweight women. <i>Science and Sports.</i> 2017. 32:82-90. doi:10.1016/j.scispo.2016.09.004.	Intervention/exposure
6	Agerholm-Larsen, L, Raben, A, Haulrik, N, Hansen, AS, Manders, M, Astrup, A. Effect of 8 week intake of probiotic milk products on risk factors for cardiovascular diseases. <i>Eur J Clin Nutr.</i> 2000. 54:288-97. doi:#electronic resource number#.	Intervention/exposure
7	Agin, D, Kotler, DP, Papandreou, D, Liss, M, Wang, J, Thornton, J, Gallagher, D, Pierson, RN, Jr. Effects of whey protein and resistance exercise on body composition and muscle strength in women with HIV infection. <i>Ann N Y Acad Sci.</i> 2000. 904:607-9. doi:10.1111/j.1749-6632.2000.tb06523.x.	Health status
8	Agudelo-Ochoa, GM, Pulgarin-Zapata, IC, Velasquez-Rodriguez, CM, Duque-Ramirez, M, Naranjo-Cano, M, Quintero-Ortiz, MM, Lara-Guzman, OJ, Munoz-Durango, K. Coffee Consumption Increases the Antioxidant Capacity of Plasma and Has No Effect on the Lipid Profile or Vascular Function in Healthy Adults in a Randomized Controlled Trial. <i>J Nutr.</i> 2016. 146:524-31. doi:10.3945/jn.115.224774.	Outcome
9	Ahmad, R, Mok, A, Rangan, AM, Louie, JCY. Association of free sugar intake with blood pressure and obesity measures in Australian adults. <i>Eur J Nutr.</i> 2019. #volume#:#pages#. doi:10.1007/s00394-019-01932-7.	Study design
10	Aiso, I, Inoue, H, Seiyama, Y, Kuwano, T. Compared with the intake of commercial vegetable juice, the intake of fresh fruit and komatsuna (<i>Brassica rapa</i> L. var. <i>perviridis</i>) juice mixture reduces serum cholesterol in middle-aged men: a randomized controlled pilot study. <i>Lipids Health Dis.</i> 2014. 13:102. doi:10.1186/1476-511x-13-102.	Comparator

Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
11 Aizawa, T, Yamamoto, A, Ueno, T. Effect of oral theaflavin administration on body weight, fat, and muscle in healthy subjects: a randomized pilot study. <i>Biosci Biotechnol Biochem</i> . 2017. 81:311-315. doi:10.1080/09168451.2016.1246170.	Intervention/exposure
12 Akazome, Y, Kametani, N, Kanda, T, Shimasaki, H, Kobayashi, S. Evaluation of safety of excessive intake and efficacy of long-term intake of beverages containing apple polyphenols. <i>J Oleo Sci</i> . 2010. 59:321-38. doi:#electronic resource number#.	Comparator
13 Akazome, Y, Kanda, T, Ohtake, Y, Hashimoto, H, Kametani, N, Sato, K, Nakamura, T, Kajimoto, Y. Evaluation of safety of excessive intake and efficacy of long term intake of beverage containing polyphenols derived from apples. <i>Japanese pharmacology and therapeutics</i> . 2005. 33:893-911. doi:#electronic resource number#.	Language
14 Albala, C, Ebbeling, CB, Cifuentes, M, Lera, L, Bustos, N, Ludwig, DS. Effects of replacing the habitual consumption of sugar-sweetened beverages with milk in Chilean children. <i>Am J Clin Nutr</i> . 2008. 88:605-11. doi:10.1093/ajcn/88.3.605.	Intervention/exposure
15 Alderete, E, Bejarano, I, Rodriguez, A. Beverage intake and obesity in early childhood: evidence form primary health care clients in Northwest Argentina. <i>J Dev Orig Health Dis</i> . 2016. 7:244-252. doi:10.1017/s204017441500793x.	Study design
16 Aldrich, ND, Reicks, MM, Sibley, SD, Redmon, JB, Thomas, W, Raatz, SK. Varying protein source and quantity do not significantly improve weight loss, fat loss, or satiety in reduced energy diets among midlife adults. <i>Nutr Res</i> . 2011. 31:104-12. doi:10.1016/j.nutres.2011.01.004.	Intervention/exposure
17 Alexy, U, Reinehr, T, Sichert-Hellert, W, Wollenhaupt, A, Kersting, M, Andler, W. Positive changes of dietary habits after an outpatient training program for overweight children. <i>Nutrition Research</i> . 2006. 26:202-208. doi:10.1016/j.nutres.2006.05.007.	Intervention/exposure
18 Al-Haggar, M, Yahia, N, Ghanem, H. High dairy calcium intake in pubertal girls: Relation to weight gain and bone mineral status. <i>Journal of Medical Sciences</i> . 2006. 6:631-635. doi:#electronic resource number#.	Intervention/exposure
19 Alhamhany, NN, Alassady, EH. Does green coffee has a positive effect on body mass index and lipid profile in a sample of obese people. <i>Journal of Pharmaceutical Sciences and Research</i> . 2018. 10:627-630. doi:#electronic resource number#.	Intervention/exposure; Country
20 Ali, A, Yazaki, Y, Njike, VY, Ma, Y, Katz, DL. Effect of fruit and vegetable concentrates on endothelial function in metabolic syndrome: A randomized controlled trial. <i>Nutrition Journal</i> . 2011. 10:#pages#. doi:10.1186/1475-2891-10-72.	Intervention/exposure
21 Allison, DB, Gadbury, G, Schwartz, LG, Murugesan, R, Kraker, JL, Heshka, S, Fontaine, KR, Heymsfield, SB. A novel soy-based meal replacement formula for weight loss among obese individuals: a randomized controlled clinical trial. <i>Eur J Clin Nutr</i> . 2003. 57:514-22. doi:10.1038/sj.ejcn.1601587.	Intervention/exposure
22 Al-Naggar, RA, Osman, MT, Abdulghani, M. Effects green tea on the body weight of malaysian young obese females: Single blinded clinical trail study. <i>Research Journal of Pharmaceutical, Biological and Chemical Sciences</i> . 2013. 4:1649-1655. doi:#electronic resource number#.	Intervention/exposure
23 Alonso, A, Zozaya, C, Vazquez, Z, Alfredo Martinez, J, Martinez-Gonzalez, MA. The effect of low-fat versus whole-fat dairy product intake on blood pressure and weight in young normotensive adults. <i>J Hum Nutr Diet</i> . 2009. 22:336-42. doi:10.1111/j.1365-277X.2009.00967.x.	Intervention/exposure

Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
24 Alperet, DJ, Rebello, SA, Khoo, Ey-H, Tay, Z, Seah, Ss-Y, Tai, BC, Tai, ES, Emady-Azar, S, Chou, CJ, Darimont, C, et al, . The effects of coffee consumption on insulin sensitivity and other risk factors for type 2 diabetes. <i>Circulation</i> . 2018. 137:#pages#. doi:#electronic resource number#.	Publication status
25 Alves, NE, Enes, BN, Martino, HS, Alfenas Rde, C, Ribeiro, SM. Meal replacement based on Human Ration modulates metabolic risk factors during body weight loss: a randomized controlled trial. <i>Eur J Nutr</i> . 2014. 53:939-50. doi:10.1007/s00394-013-0598-3.	Intervention/exposure; Comparator
26 Amagase, H, Nance, DM. A randomized, double-blind, placebo-controlled, clinical study of the general effects of a standardized Lycium barbarum (Goji) Juice, GoChi. <i>J Altern Complement Med</i> . 2008. 14:403-12. doi:10.1089/acm.2008.0004.	Intervention/exposure; Comparator
27 Amagase, H, Nance, DM. A randomized, double-blind, placebo-controlled, clinical study of the general effects of a standardized Lycium barbarum (goji) juice, GoChi™. <i>Journal of Alternative and Complementary Medicine</i> . 2008. 14:403-412. doi:10.1089/acm.2008.0004.	Comparator; Duplicate
28 Amagase, H, Nance, DM. Lycium barbarum increases caloric expenditure and decreases waist circumference in healthy overweight men and women: pilot study. <i>J Am Coll Nutr</i> . 2011. 30:304-9. doi:#electronic resource number#.	Intervention/exposure; Comparator
29 Amiot-Carlin, MJ, Morrissey, C, Vinet, A. Vitamin d supplementation associated with lifestyle intervention enhanced the loss of abdominal fat mass in obese adolescents: a double-blind randomized controlled trial (nct02400151). <i>Annals of nutrition & metabolism</i> . 2017. 71:349-350. doi:10.1159/000480486.	Publication status
30 Amozadeh, H, Shabani, R, Nazari, M. The Effect of Aerobic Training and Green Tea Supplementation on Cardio Metabolic Risk Factors in Overweight and Obese Females: A Randomized Trial. <i>Int J Endocrinol Metab</i> . 2018. 16:e60738. doi:10.5812/ijem.60738.	Intervention/exposure
31 Andersen, T, Fogh, J. Weight loss and delayed gastric emptying following a South American herbal preparation in overweight patients. <i>J Hum Nutr Diet</i> . 2001. 14:243-50. doi:#electronic resource number#.	Intervention/exposure
32 Anderson, JW, Fuller, J, Patterson, K, Blair, R, Tabor, A. Soy compared to casein meal replacement shakes with energy-restricted diets for obese women: randomized controlled trial. <i>Metabolism</i> . 2007. 56:280-8. doi:10.1016/j.metabol.2006.10.013.	Health status
33 Anderson, JW, Hoie, LH. Weight loss and lipid changes with low-energy diets: comparator study of milk-based versus soy-based liquid meal replacement interventions. <i>J Am Coll Nutr</i> . 2005. 24:210-6. doi:#electronic resource number#.	Comparator
34 Anderson, JW, Reynolds, LR, Bush, HM, Rinsky, JL, Washnock, C. Effect of a behavioral/nutritional intervention program on weight loss in obese adults: a randomized controlled trial. <i>Postgrad Med</i> . 2011. 123:205-13. doi:10.3810/pgm.2011.09.2476.	Health status
35 Andrade, RG, Chaves, OC, Costa, DA, Andrade, AC, Bispo, S, Felicissimo, MF, Friche, AA, Proietti, FA, Xavier, CC, Caiaffa, WT. Overweight in men and women among urban area residents: individual factors and socioeconomic context. <i>Cad Saude Publica</i> . 2015. 31 Suppl 1:148-58. doi:10.1590/0102-311x00102714.	Study design
36 Androutsos, O, Moschonis, G, Ierodiakonou, D, Karatzi, K, De Bourdeaudhuij, I, Iotova, V, Zych, K, Moreno, LA, Koletzko, B, Manios, Y. Perinatal and lifestyle factors mediate the association between maternal education and preschool children's weight status: the ToyBox study. <i>Nutrition</i> . 2018. 48:6-12. doi:10.1016/j.nut.2017.11.006.	Study design; Intervention/exposure; Population at Intervention/exposure

Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
37 Angeles-Agdeppa, I, Capanzana, MV, Li-Yu, J, Schollum, LM, Kruger, MC. High-calcium milk prevents overweight and obesity among postmenopausal women. <i>Food Nutr Bull.</i> 2010. 31:381-90. doi:10.1177/156482651003100301.	Country; Publication status
38 Angeles-Agdeppa, I, Magsadia, C. Increased height and cognition after consumption of fortified milk. <i>Annals of nutrition and metabolism.</i> 2013. 63:951. doi:10.1159/000354245.	Publication status
39 Angeles-Agdeppa, I, Magsadia, CR, Capanzana, MV. Fortified juice drink improved iron and zinc status of schoolchildren. <i>Asia Pac J Clin Nutr.</i> 2011. 20:535-43. doi:#electronic resource number#.	Country
40 Angelopoulos, PD, Milionis, HJ, Grammatikaki, E, Moschonis, G, Manios, Y. Changes in BMI and blood pressure after a school based intervention: the CHILDREN study. <i>Eur J Public Health.</i> 2009. 19:319-25. doi:10.1093/eurpub/ckp004.	Intervention/exposure
41 Angelopoulos, TJ, Lowndes, J, Sinnett, S, Rippe, JM. Fructose Containing Sugars at Normal Levels of Consumption Do Not Effect Adversely Components of the Metabolic Syndrome and Risk Factors for Cardiovascular Disease. <i>Nutrients.</i> 2016. 8:179. doi:10.3390/nu8040179.	Comparator
42 Annesi, JJ, Walsh, AM, Smith, AE. Effects of 12- and 24-week multimodal interventions on physical activity, nutritional behaviors, and body mass index and its psychological predictors in severely obese adolescents at risk for diabetes. <i>Perm J.</i> 2010. 14:29-37. doi:10.7812/tpp/10-034.	Intervention/exposure; Health status
43 Annunziato, RA, Timko, CA, Crerand, CE, Didie, ER, Bellace, DL, Phelan, S, Kerzhnerman, I, Lowe, MR. A randomized trial examining differential meal replacement adherence in a weight loss maintenance program after one-year follow-up. <i>Eat Behav.</i> 2009. 10:176-83. doi:10.1016/j.eatbeh.2009.05.003.	Intervention/exposure
44 Antonio, J, Sanders, MS, Van Gammeren, D. The effects of bovine colostrum supplementation on body composition and exercise performance in active men and women. <i>Nutrition.</i> 2001. 17:243-7. doi:#electronic resource number#.	Intervention/exposure; Comparator
45 Apovian, C, Bigornia, S, Cullum-Dugan, D, Schoonmaker, C, Radziejowska, J, Phipps, J, Gokce, N, Istfan, N, Meyers, A, Lenders, C. Milk-Based Nutritional Supplements in Conjunction With Lifestyle Intervention in Overweight Adolescents. <i>Infant Child Adolesc Nutr.</i> 2009. 1:37-44. doi:10.1177/1941406408326991.	Study design
46 Appleton, KM, Conner, MT. Body weight, body-weight concerns and eating styles in habitual heavy users and non-users of artificially sweetened beverages. <i>Appetite.</i> 2001. 37:225-30. doi:10.1006/appe.2001.0435.	Study design
47 Apteckmann, NP, Cesar, TB. Long-term orange juice consumption is associated with low LDL-cholesterol and apolipoprotein B in normal and moderately hypercholesterolemic subjects. <i>Lipids Health Dis.</i> 2013. 12:119. doi:10.1186/1476-511x-12-119.	Study design
48 Araki, R, Fujie, K, Yuine, N, Watabe, Y, Nakata, Y, Suzuki, H, Isoda, H, Hashimoto, K. Olive leaf tea is beneficial for lipid metabolism in adults with prediabetes: an exploratory randomized controlled trial. <i>Nutr Res.</i> 2019. 67:60-66. doi:10.1016/j.nutres.2019.05.003.	Intervention/exposure
49 Arciero, PJ, Baur, D, Connelly, S, Ormsbee, MJ. Timed-daily ingestion of whey protein and exercise training reduces visceral adipose tissue mass and improves insulin resistance: the PRISE study. <i>J Appl Physiol (1985).</i> 2014. 117:1-10. doi:10.1152/jappphysiol.00152.2014.	Intervention/exposure; Comparator
50 Arciero, PJ, Edmonds, RC, Bunsawat, K, Gentile, CL, Ketcham, C, Darin, C, Renna, M, Zheng, Q, Zhang, JZ, Ormsbee, MJ. Protein-Pacing from Food or Supplementation Improves Physical Performance in Overweight Men and Women: The PRISE 2 Study. <i>Nutrients.</i> 2016. 8:#pages#. doi:10.3390/nu8050288.	Intervention/exposure; Comparator

Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
51 Ard, J, Auriemma, A, Coburn, S, Lewis, K, Loper, J, Matarese, L, Periman, S, Pories, W, Rothberg, A. Effectiveness of a total meal replacement program (OPTIFAST® program) compared with a reduced-energy food based diet plan on weight loss: results from the OPTIWIN study. <i>Obesity facts</i> . 2018. 11:337-338. doi:10.1159/000489691.	Publication status
52 Ard, JD, Cook, M, Rushing, J, Frain, A, Beavers, K, Miller, G, Miller, ME, Nicklas, B. Impact on weight and physical function of intensive medical weight loss in older adults with stage II and III obesity. <i>Obesity (Silver Spring)</i> . 2016. 24:1861-6. doi:10.1002/oby.21569.	Intervention/exposure; Health status
53 Ard, JD, Lewis, KH, Rothberg, A, Auriemma, A, Coburn, SL, Cohen, SS, Loper, J, Matarese, L, Pories, WJ, Periman, S. Effectiveness of Total Meal Replacement Program (OPTIFAST Program) on Weight Loss: results from the OPTIWIN Study. <i>Obesity (silver spring, md.)</i> . 2018. (no pagination):#pages#. doi:10.1002/oby.22303.	Health status; Publication status
54 Arenaza, L, Munoz-Hernandez, V, Medrano, M, Osés, M, Amasene, M, Merchan-Ramirez, E, Cadenas-Sanchez, C, Ortega, FB, Ruiz, JR, Labayen, I. Association of Breakfast Quality and Energy Density with Cardiometabolic Risk Factors in Overweight/Obese Children: Role of Physical Activity. <i>Nutrients</i> . 2018. 10:#pages#. doi:10.3390/nu10081066.	Study design
55 Arentson-Lantz, EJ, Galvan, E, Wachter, A, Paddon-Jones, D. Whey protein protects muscle mass loss of older adults during 7 days of inactivity and accelerates recovery of aerobic fitness during rehabilitation. <i>FASEB journal</i> . 2017. 31:#pages#. doi:#electronic resource number#.	Publication status
56 Armborst, D, Metzner, C, Bitterlich, N, Lemperle, M, Siener, R. Effect of a weight-loss stabilization following a weight reduction with or without meal replacement on cardiometabolic risk in overweight women. A randomized controlled trial. <i>Int J Food Sci Nutr</i> . 2019. 70:453-466. doi:10.1080/09637486.2018.1537363.	Intervention/exposure
57 Arnarson, A, Gudny Geirsdottir, O, Ramel, A, Briem, K, Jonsson, PV, Thorsdottir, I. Effects of whey proteins and carbohydrates on the efficacy of resistance training in elderly people: double blind, randomised controlled trial. <i>Eur J Clin Nutr</i> . 2013. 67:821-6. doi:10.1038/ejcn.2013.40.	Comparator
58 Arsenault, JE, Mora-Plazas, M, Forero, Y, López-Arana, S, Marín, C, Baylin, A, Villamor, E. Provision of a school snack is associated with vitamin B-12 status, linear growth, and morbidity in children from Bogotá, Colombia. <i>Journal of Nutrition</i> . 2009. 139:1744-1750. doi:10.3945/jn.109.108662.	Intervention/exposure; Country
59 Arterburn, LM, Coleman, CD, Kiel, J, Kelley, K, Mantilla, L, Frye, N, Sanoshy, K, Cook, CM. Randomized controlled trial assessing two commercial weight loss programs in adults with overweight or obesity. <i>Obes Sci Pract</i> . 2019. 5:3-14. doi:10.1002/osp4.312.	Intervention/exposure
60 Ash, DM, Tatala, SR, Frongillo, EA, Jr, Ndossi, GD, Latham, MC. Randomized efficacy trial of a micronutrient-fortified beverage in primary school children in Tanzania. <i>Am J Clin Nutr</i> . 2003. 77:891-8. doi:10.1093/ajcn/77.4.891.	Country
61 Ashley, JM, Herzog, H, Clodfelter, S, Bovee, V, Schrage, J, Pritsos, C. Nutrient adequacy during weight loss interventions: a randomized study in women comparing the dietary intake in a meal replacement group with a traditional food group. <i>Nutr J</i> . 2007. 6:12. doi:10.1186/1475-2891-6-12.	Intervention/exposure
62 Ashley, JM, St Jeor, ST, Perumean-Chaney, S, Schrage, J, Bovee, V. Meal replacements in weight intervention. <i>Obes Res</i> . 2001. 9 Suppl 4:312s-320s. doi:10.1038/oby.2001.136.	Intervention/exposure
63 Aslani, N, Entezari, MH, Maghsoudi, Z, Askari, G. Effect of garlic and lemon juice mixture on fasting blood sugar, diastolic and systolic blood pressure and body mass index in people with hyperlipidemia. <i>Journal of isfahan medical school</i> . 2015. 32:2491-2500. doi:#electronic resource number#.	Language

Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
64 Astrup, A. The role of protein and carbohydrates for weight loss and maintenance: evidence from the Diogenes study. <i>Australasian medical journal.</i> 2011. 4:717. doi:#electronic resource number#.	Publication status
65 Auvichayapat, P, Prapochanung, M, Tunkamnerdthai, O, Sripanidkulchai, BO, Auvichayapat, N, Thinkhamrop, B, Kunhasura, S, Wongpratoom, S, Sinawat, S, Hongprapas, P. Effectiveness of green tea on weight reduction in obese Thais: A randomized, controlled trial. <i>Physiol Behav.</i> 2008. 93:486-91. doi:10.1016/j.physbeh.2007.10.009.	Intervention/exposure
66 Avalos, EE, Barrett-Connor, E, Kritiz-Silverstein, D, Wingard, DL, Bergstrom, JN, Al-Delaimy, WK. Is dairy product consumption associated with the incidence of CHD?. <i>Public Health Nutr.</i> 2013. 16:2055-63. doi:10.1017/s1368980012004168.	Outcome
67 Azadbakht, L, Nurbakhsh, S. Effect of soy drink replacement in a weight reducing diet on anthropometric values and blood pressure among overweight and obese female youths. <i>Asia Pac J Clin Nutr.</i> 2011. 20:383-9. doi:#electronic resource number#.	Comparator
68 Azzini, E, Venneria, E, Ciarapica, D, Foddai, MS, Intorre, F, Zaccaria, M, Maiani, F, Palomba, L, Barnaba, L, Tubili, C, Maiani, G, Polito, A. Effect of Red Orange Juice Consumption on Body Composition and Nutritional Status in Overweight/Obese Female: A Pilot Study. <i>Oxid Med Cell Longev.</i> 2017. 2017:1672567. doi:10.1155/2017/1672567.	Study design
69 Babault, N, Delay, G, Rodriguez, B, Guerin-Deremaux, L, Allaert, FA. Muscle mass and muscular strength impact of a supplementation with nutralys pea proteins or whey proteins in volunteers participating in physical training. <i>Annals of nutrition and metabolism.</i> 2013. 63:521. doi:10.1159/000354245.	Publication status
70 Baer, DJ, Stote, KS, Paul, DR, Harris, GK, Rumpler, WV, Clevidence, BA. Whey protein but not soy protein supplementation alters body weight and composition in free-living overweight and obese adults. <i>J Nutr.</i> 2011. 141:1489-94. doi:10.3945/jn.111.139840.	Comparator
71 Bakuradze, T, Tausend, A, Galan, J, Maria Groh, IA, Berry, D, Tur, JA, Marko, D, Richling, E. Antioxidative activity and health benefits of anthocyanin-rich fruit juice in healthy volunteers. <i>Free Radic Res.</i> 2019. #volume#:1-11. doi:10.1080/10715762.2019.1618851.	Comparator
72 Balk, L, Hoekstra, T, Twisk, J. Relationship between long-term coffee consumption and components of the metabolic syndrome: The Amsterdam growth and health longitudinal study. <i>European Journal of Epidemiology.</i> 2009. 24:203-209. doi:10.1007/s10654-009-9323-1.	Intervention/exposure
73 Balsan, G, Pellanda, LC, Sausen, G, Galarraga, T, Zaffari, D, Pontin, B, Portal, VL. Effect of yerba mate and green tea on paraoxonase and leptin levels in patients affected by overweight or obesity and dyslipidemia: a randomized clinical trial. <i>Nutr J.</i> 2019. 18:5. doi:10.1186/s12937-018-0426-y.	Outcome
74 Banuls, C, Rovira-Llopis, S, Lopez-Domenech, S, Veses, S, Victor, VM, Rocha, M, Hernandez-Mijares, A. Effect of consumption of a carob pod inositol-enriched beverage on insulin sensitivity and inflammation in middle-aged prediabetic subjects. <i>Food Funct.</i> 2016. 7:4379-4387. doi:10.1039/c6fo01021k.	Comparator
75 Banzer, W, Berg, A, Braumann, K, Fuhrer-Sakel, D, Halle, M, Martin, S, McCarthy, D, Predel, GH, Scholze, J, Seyller, C, et al, . Benefits of the ACOORH concept on weight control and metabolic regulation after 12 weeks of intervention: results of a multicenter RCT. <i>Obesity facts.</i> 2018. 11:313-. doi:10.1159/000489691.	Publication status
76 Banzer, W, Berg, A, Braumann, K, Fuhrer-Sakel, D, Halle, M, Martin, S, McCarthy, D, Predel, GH, Scholze, J, Seyller, C, et al, . Improvement of prediabetic condition after 4 and 12 weeks intervention by the ACOORH concept-subanalysis of a multicenter RCT. <i>Obesity facts.</i> 2018. 11:293-. doi:10.1159/000489691.	Publication status

Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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222 Cunningham, SA, Zavodny, M. Does the sale of sweetened beverages at school affect children's weight?. <i>Soc Sci Med.</i> 2011. 73:1332-9. doi:10.1016/j.socscimed.2011.08.003.	Study design
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Citation	Rationale
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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771 Pang, J, Zhang, Z, Zheng, T, Yang, YJ, Li, N, Bai, M, Peng, Y, Zhang, J, Li, Q, Zhang, B. Association of green tea consumption with risk of coronary heart disease in Chinese population. <i>International Journal of Cardiology</i> . 2015. 179:275-278. doi:10.1016/j.ijcard.2014.11.093.	Outcome
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
783 Peake, JM, Kukuljan, S, Nowson, CA, Sanders, K, Daly, RM. Inflammatory cytokine responses to progressive resistance training and supplementation with fortified milk in men aged 50+ years: an 18-month randomized controlled trial. <i>Eur J Appl Physiol.</i> 2011. 111:3079-88. doi:10.1007/s00421-011-1942-z.	Intervention/exposure; Other (e.g., duplicative data)
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786 Phelan, S, Wing, RR, Brannen, A, McHugh, A, Hagobian, T, Schaffner, A, Jelalian, E, Hart, CN, Scholl, TO, Munoz-Christian, K, et al. Does Partial Meal Replacement During Pregnancy Reduce 12-Month Postpartum Weight Retention?. <i>Obesity (silver spring, md.)</i> . 2018. (no pagination):#pages#. doi:10.1002/oby.22361.	Intervention/exposure; Publication status
787 Phelan, S, Wing, RR, Brannen, A, McHugh, A, Hagobian, T, Schaffner, A, Jelalian, E, Hart, CN, Scholl, TO, Munoz-Christian, K, Yin, E, Phipps, MG, Keadle, S, Abrams, B. Does Partial Meal Replacement During Pregnancy Reduce 12-Month Postpartum Weight Retention?. <i>Obesity (Silver Spring)</i> . 2019. 27:226-236. doi:10.1002/oby.22361.	Intervention/exposure
788 Phelan, S, Wing, RR, Brannen, A, McHugh, A, Hagobian, TA, Schaffner, A, Jelalian, E, Hart, CN, Scholl, TO, Munoz-Christian, K, Yin, E, Phipps, MG, Keadle, S, Abrams, B. Randomized controlled clinical trial of behavioral lifestyle intervention with partial meal replacement to reduce excessive gestational weight gain. <i>Am J Clin Nutr.</i> 2018. 107:183-194. doi:10.1093/ajcn/nqx043.	Intervention/exposure
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790 Phillips, SM, Bandini, LG, Naumova, EN, Cyr, H, Colclough, S, Dietz, WH, Must, A. Energy-dense snack food intake in adolescence: longitudinal relationship to weight and fatness. <i>Obes Res.</i> 2004. 12:461-72. doi:10.1038/oby.2004.52.	Publication date
791 Phillips, SM. Optimizing body composition during weight loss: the role of milk products. <i>Can Nurse.</i> 2012. 108:5. doi:#electronic resource number#.	Study design
792 Piccolo, BD, Comerford, KB, Karakas, SE, Knotts, TA, Fiehn, O, Adams, SH. Whey protein supplementation does not alter plasma branched-chained amino acid profiles but results in unique metabolomics patterns in obese women enrolled in an 8-week weight loss trial. <i>J Nutr.</i> 2015. 145:691-700. doi:10.3945/jn.114.203943.	Intervention/exposure; Health status
793 Piernas, C, Tate, DF, Popkin, BM. Does diet beverage intake affect consumption patterns? results from the choice RCT study. <i>Obesity.</i> 2011. 19:S70. doi:10.1038/oby.2011.222.	Outcome; Publication status
794 Pilaczyńska-Szczeńniak, Ł, Rzymiski, P, Pischel, I. Influence of combined botanical extract preparation on body composition - Results from double blind randomized clinical trial. <i>Archives of Medical Science.</i> 2006. 2:171-178. doi:#electronic resource number#.	Intervention/exposure
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Citation	Rationale
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803 Quinn Rothacker, D. Five-year self-management of weight using meal replacements: comparison with matched controls in rural Wisconsin. Nutrition. 2000. 16:344-8. doi:#electronic resource number#.	Study design
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Citation	Rationale
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815 Reducing sugary beverage consumption in childhood may lessen chronic disease risk. <i>Journal of the American Dental Association (1939)</i> . 2007. 138:160. doi:10.14219/jada.archive.2007.0128.	Publication status
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Citation	Rationale
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825 Rhee, JJ, Qin, FF, Hedlin, HK, Chang, TI, Bird, CE, Zaslavsky, O, Manson, JE, Stefanick, ML, Winkelmayer, WC. Coffee and caffeine consumption and the risk of hypertension in postmenopausal women. <i>American Journal of Clinical Nutrition</i> . 2016. 103:210-217. doi:10.3945/ajcn.115.120147.	Outcome
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Citation	Rationale
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Citation	Rationale
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852 Rush, E, Paterson, J, Obolonkin, V. Food frequency information-relationships to body composition and apparent growth in 4-year-old children in the Pacific Island Family Study. <i>New Zealand Medical Journal.</i> 2008. 121:63-71. doi:#electronic resource number#.	Study design; Duplicate
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859 Sales, RL, Coelho, SB, Costa, NMB, Bressan, J, Iyer, S, Boateng, LA, Lokko, P, Mattes, RD. The effects of peanut oil on lipid profile of normolipidemic adults: A three-country collaborative study. <i>Journal of Applied Research.</i> 2008. 8:216-225. doi:#electronic resource number#.	Country
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

Citation	Rationale
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Citation	Rationale
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1034 Volger, S, Wadden, TA, Sarwer, DB, Moore, RH, Chittams, J, Diewald, LK, Panigrahi, E, Berkowitz, RI, Schmitz, K, Vetter, ML. Changes in eating, physical activity and related behaviors in a primary care-based weight loss intervention. <i>Int J Obes (Lond).</i> 2013. 37 Suppl 1:S12-8. doi:10.1038/ijo.2013.91.	Intervention/exposure; Health status
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Citation	Rationale
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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1065 Winterfeld, A. Starting healthy: preventing preschool obesity. <i>NCSL Legisbrief.</i> 2011. 19:1-2. doi:#electronic resource number#.	Study design
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1069 Wong, JMW, Ebbeling, CB, Robinson, L, Feldman, HA, Ludwig, DS. Effects of Advice to Drink 8 Cups of Water per Day in Adolescents With Overweight or Obesity: A Randomized Clinical Trial. <i>JAMA Pediatr.</i> 2017. 171:e170012. doi:10.1001/jamapediatrics.2017.0012.	Intervention/exposure
1070 Wong, VCH, Maguire, JL, Omand, JA, Dai, DWH, Lebovic, G, Parkin, PC, O'Connor, DL, Birken, CS. A Positive Association Between Dietary Intake of Higher Cow's Milk-Fat Percentage and Non-High-Density Lipoprotein Cholesterol in Young Children. <i>J Pediatr.</i> 2019. #volume#:#pages#. doi:10.1016/j.jpeds.2019.03.047.	Outcome

Citation	Rationale
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1072 Worthy, SL, Lokken, K, Pilcher, K, Boeka, A. Demographic and lifestyle variables associated with obesity. <i>Health Education Journal</i> . 2010. 69:372-380. doi:10.1177/0017896910363330.	Study design; Health status
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1078 Wrotniak, BH, Georger, L, Hill, DL, Zemel, BS, Stettler, N. Association of dairy intake with weight change in adolescents undergoing obesity treatment. <i>J Public Health (Oxf)</i> . 2018. #volume#:#pages#. doi:10.1093/pubmed/fdy064.	Study design; Health status
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1080 Xanthopoulos, MS, Moore, RH, Wadden, TA, Bishop-Gilyard, CT, Gehrman, CA, Berkowitz, RI. The association between weight loss in caregivers and adolescents in a treatment trial of adolescents with obesity. <i>J Pediatr Psychol</i> . 2013. 38:766-74. doi:10.1093/jpepsy/jst024.	Intervention/exposure; Other (e.g., duplicative data)
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Citation	Rationale
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1084 Yanagida, N, Minoura, T, Kitaoka, S. Does Terminating the Avoidance of Cow's Milk Lead to Growth in Height. Int Arch Allergy Immunol. 2015. 168:56-60. doi:10.1159/000441499.	Intervention/exposure
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1086 Yang, HY, Yang, SC, Chao, JC, Chen, JR. Beneficial effects of catechin-rich green tea and inulin on the body composition of overweight adults. Br J Nutr. 2012. 107:749-54. doi:10.1017/s0007114511005095.	Comparator
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Question: What is the relationship between beverage consumption and growth, size, body composition, and risk of overweight and obesity?

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