

# Conclusions

In this systematic review and meta-analysis, using LNCSBs as an intended substitute for SSBs appeared to be associated with reductions in body weight and cardiometabolic risk factors, including BMI, percentage of body fat, and IHCL, without evidence of harm. These small improvements were similar in direction to those associated with water substitution, the standard of care. The evidence provides a good indication of the benefits of LNCSBs as an alternative replacement strategy over the moderate term for SSBs in adults with overweight or obesity who are at risk for or have diabetes.