

## Moderate drinkers show lower obesity risk

2005-12-08

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Study reveals a drink a day can keep the fat away

People who have an alcoholic drink or two a day may have a lower risk of becoming obese than either teetotalers or heavy drinkers, a study published Monday suggests.

Researchers found that among more than 8,200 U.S. adults, those who said they enjoyed a drink every day were 54 percent less likely than non-drinkers to be obese. Similarly, those who drank a little more (two drinks per day) or a little less (a few drinks per week) had a lower risk of obesity than teetotalers did.

Heavy drinking, on the other hand, raised the odds of obesity. People who downed four or more drinks a day were 46 percent more likely to be obese than non-drinkers were. Binge drinkers also showed a greater prevalence of obesity.

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*Source - MSNBC*

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