

[IMAGE]

Death by Sugar (Sweetened Beverages)?

By Editorial Staff

Sugar-sweetened soft drinks, fruit juices and other beverages represent a growing health danger that goes far beyond simple cavities and poor energy; a recent analysis suggests regular consumption of sugary drinks can indirectly lead to death— yes, *death*.

Sound far-fetched? Not really, and here's why: According to the researchers, who analyzed data from studies investigating the impact of sugar-sweetened beverage intake on body-mass index (BMI) and diabetes – and the resulting impact of BMI on cardiovascular disease and cancer, nearly 200,000 deaths worldwide can be attributed to drinking sugar-sweetened beverages. And that's nearly 200,000 deaths *every year*. Specifically, the researchers estimated that consumption of sweetened drinks contributes to 133,000 deaths from diabetes, 45,000 from cardiovascular disease, and 6,450 from cancer on an annual basis.

sugar - Copyright â Stock Photo / Register Mark Sure, the researchers don't establish a direct connection, but keep in mind two things: 1) Excess sugar intake is associated with higher BMI and diabetes risk, while higher BMI and diabetes are risk factors for more serious health conditions and mortality; and 2) Their analysis wasn't a small one; they relied on data from 62 national dietary surveys and more than 600,000 people over a 30-year period.

Need any more reason to stay away from the sugar when you're thirsty this summer? [Click here](#) to learn more about the dangers of sugar-sweetened beverages, [and here](#) to discover the benefits of the alternative simple glass of water.

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