

[IMAGE]

## **Sugary Drinks (Even 100% Fruit Juice) Increase Cancer Risk**

By Editorial Staff

Too much sugar is dangerous, even if it comes from 100 percent fruit juice. In fact, it can up your risk of developing cancer.

Researchers tracked more than 100,000 adults for an average of five years after gathering baseline data on consumption of sugary drinks including sugar-sweetened beverages, artificially sweetened beverages and 100 percent fruit juice drinks. Repeated 24-hour dietary recall questionnaires were utilized throughout the study period to assess participants' usual consumption of sugary drinks, and researchers evaluated whether associations existed between beverage consumption and cancer risk.

sugary drink - Copyright © Stock Photo / Register Mark Consumption of sugary drinks increased the likelihood of developing cancer in general and breast cancer specifically. Consumption of 100 percent fruit juice also increased the risk of overall cancer. Consumption of artificially sweetened beverages did not increase cancer risk, either overall or by specific type.

The moral to the story, as we stated right off the bat: Too much sugar is dangerous! Aim for a diet high in fresh vegetables, lean sources of protein, whole grains, legumes, nuts / seeds and other high-nutrient, low-sugar sources of sustainable energy and cancer-protecting compounds. You'll be thankful you did.

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