

Research Roundup

Sugar-Sweetened Soft Drinks Increase Risk for Diabetes

Many parents allow their children to drink soda, but limit the consumption to one can a day. Often, however, they don't limit their own soda consumption. Soft drinks can have negative effects on both children and adults, and it's not just the caffeine. Studies show sugar-sweetened soft drinks are associated with an increased risk for type 2 diabetes.

A study done in the United Kingdom earlier this year suggests drinking even one 12 ounce can of sugar-sweetened soft drink a day can increase the risk of type 2 diabetes by 22%. This study looked at more than 16,000 individuals and their intake of sweet beverages such as nectars, juices, sugar-sweetened soft drinks, and artificially sweetened soft drinks. When the results were adjusted for energy intake and body mass index (BMI), consumption of sugar-sweetened soft drinks showed an increased risk for type 2 diabetes. Robert Ratner, MD, chief scientific and medical officer for the American Diabetes Association said, "Reducing the consumption of sugar-sweetened beverages is a critical piece to reducing the development of diabetes."



An earlier study done in North America shows similar results of a 25% increase in type 2 diabetes for those who consume just one 12 oz. can of sugar-sweetened soft drinks daily. In addition, the American Heart Association recommends you consume only 450 calories of sugar-sweetened beverages a week. With well over 100 calories per can, and usually close to 200 calories per 12 ounce can, this is less than three cans per week, *if* these sodas are the only sugar-sweetened beverages you're consuming.

Romaguera, D. et al. Consumption of sweet beverages and type 2 diabetes incidence in European adults: results from EPIC-InterAct. *Diabetologia*. 2013