

100% Fruit Juice Drinks Similar to Sugar-Sweetened Beverages

[A new study from Harvard](#) T. H. Chan School of Public Health has uncovered that drinking more sugary beverages, whether they contain added or naturally occurring sugar, is associated with a higher risk of type 2 diabetes.

The connection between the consumption of sugar-sweetened beverages such as soft drinks, punches, fruit drinks, sports drinks, and sugared iced tea and type 2 diabetes is supported by a large amount of evidence.

But this [new study](#) has revealed that 100% fruit juices may also increase type 2 diabetes risk. The researchers analyzed the results from three cohort studies and found that increasing total sugary beverage intake, whether they were sugar-sweetened beverages or 100% fruit juices by more than a 4-ounce serving per day over a 4-year period was associated with a 16% higher risk of diabetes in the subsequent 4 years. Replacing one daily serving of sugary beverage with water, coffee or tea was associated with a 2-10% lower risk of diabetes.

The conclusion from this new investigation into the effect of increased sugary beverage consumption is that even 100% fruit juices may increase the risk of type 2 diabetes. This connection warrants further study.

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