HARD FACTS ON SOFT DRINKS

Put that soda down! Did you know that consuming two or more soft drinks per week increased the risk of developing pancreatic cancer nearly twofold compared to individuals who did not consume soft drinks? These latest findings are according to a report in *Cancer Epidemiology*.

Although relatively rare, pancreatic cancer remains one of the most deadly cancers, and only 5 percent of people who are diagnosed are alive five years later. The report stated people who consume soft drinks on a regular basis, defined as primarily carbonated sugar-sweetened beverages, tend to have a poor behavioral profile overall. The high levels of sugar in soft drinks may be increasing the level of insulin in the body, which they felt might contribute to pancreatic cancer cell growth.

These findings tie into another recent study that found High Fructose Corn Sugar (HFCS), often used as a substitute for sugar in soft drinks, can fuel the growth of cancer. This second study was conducted by UCLA and concluded that pancreatic cancer cells grow faster when “fed” HFCS. Check the nutrition labels of the foods you eat and try to limit your intake of soda and other foods that contain High Fructose Corn Syrup.