

## 《研究表明，汽水比含糖食物更容易导致糖尿病》

一项研究显示，即使每天只喝一两罐含糖饮料，如汽水、能量饮料、茶饮料、维生素水等，也会增加患2型糖尿病的风险，而某些天然果糖却比想象的还要对健康有益。



Drinking sweetened drinks — like soda — could increase your chance of developing a certain type of diabetes more than other fructose-containing foods, a recent study concluded.

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In the study published last week in the British Medical Journal (BMJ), researchers with the St. Michael's Hospital in Toronto concluded "sweetened drinks pose a greater risk of type 2 diabetes than most other foods containing fructose, a naturally occurring sugar," the hospital said in a press release.

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Researchers said most naturally fructose-containing foods — such as whole fruits and vegetables, honey and natural fruit juices — "seem to have no harmful effect on blood glucose levels." But sweetened drinks, they said, "add excess 'nutrient poor' energy to diets [that] may have harmful effects."

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