

## Drinking two cans of carbonated drinks per week may increase your risk of diabetes, heart disease

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According to the Mirror, alcoholic drinks, such as Coca-Cola are known to be one of the easy drinks leading to diabetes due to increased blood sugar.

High sugar levels in these drinks have long been known to cause obesity and lead to chronic illnesses, soda consumption is increasing steadily among age groups worldwide.



Researchers in London say that these "dense" drinks when consumed by them are linked to excess calories and weight gain later.

In the study, those who consumed sugary drinks for 10 weeks showed a drop in insulin by up to 17%.

Professor Faadiel Essop, co-author of the study from Stellenbosch University in South Africa, said: " *Sugar consumption of sweetened sweet drinks has steadily increased among the age groups worldwide. This contributes to the the onset of metabolic syndrome, diabetes and hypertension in the whole society* '.

Not only that, many studies have shown that drinking at least one sweet sugar drink daily is associated with high blood pressure.

The United Nations has warned six years ago that chronic diseases will pose a greater health risk than infectious diseases.

A 12-ounce Coca-Cola can contain 39 grams of sugar and 140 calories.

Professor Essop added: "Excess sugar consumption has become one of the most harmful dietary changes in the global diet over the past few decades and is considered a major cause of heart disease. circuit."

*" The findings suggest that there is a clear need for community education about the harmful effects of sugar consumption abuse, " he concluded.*

This study has just been published in the Journal of the Endocrine Society.

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