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If you didn't have enough good reasons to cut back on the amount of sugary soft drinks you consume, there is a new study out that indicates that it can cause cancer.

A research team at the University of Minnesota followed thousands of men and women participating in the Singapore Chinese Health Study for 14 years. At the end of the study, published this month in the journal *Cancer Epidemiology, Biomarkers & Prevention*, the team found that those drank two or more soft drinks a week had an 87 percent higher risk of developing pancreatic cancer.

There are some interesting correlations suggested in this article that suggest the problem may not be with the soda, but with other related things. For example, it was mentioned that those that drink soda are more likely to smoke and eat red meat. Smoking is well known as a cancer causer and there are studies that show eating a lot of red meat does the same.

The study also showed that those that drank fruit juice did not have the same increased cancer risk so the problem appears to go deeper than just sugar, because many fruit juices have as much or even more sugar than sodas.

No matter what the conclusions mean to you, it is safe to say that drinking lots of sugar beverages are not healthy. They may even cause cancer.

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