

Orange juice gets the thumbs up for diabetics!

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Despite its high sugar content, diabetics are perfectly entitled to drink orange juice. Indeed, according to the results of an American study, orange juice appears to be beneficial to their health – mainly due to the fact that it is rich in flavonoids.

These magical substances [help to combat oxidative stress](#) which leads to cell destruction. This is a particularly harmful process for diabetics as it exposes them to a greater risk of developing arteriosclerosis (hardening of the arteries).

Professor Paresh Dandona of the University of Buffalo measured the oxidative stress levels of 32

participants, divided into four groups. They each had to drink 300 kilocalories of sugars in the form of either glucose, fructose, orange juice or water mixed with saccharin. After taking blood samples, Professor Dandona observed a significant increase in oxidative stress among those in the glucose group. On the other hand, *“we were intrigued to find no oxidative reaction among the orange juice drinkers, who had nevertheless imbibed the same quantity of sugar”*.

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