

Researchers Link Acidic Orange Juice To Suppressing Oxidative Stress

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Individuals who experience severe inflammation may want to consider drinking acidic drinks such as orange juice, as the flavonoids in the beverage help counteract oxidative stress brought on by high-carb meals.

According to researchers from the University at Buffalo, eating foods that contain flavonoids, specifically orange juice may help prevent blood vessel damage brought on by carbohydrates that could eventually lead to heart conditions if not carefully monitored or treated.

The scientists split the participants into three groups who consumed different beverages with breakfast. Groups were asked to drink either not-from-concentrate orange juice, a glucose drink with the same caloric intake, or water.

The researchers found that patients who drank either water or sugary drinks did not experience the same potent protective effect that the flavonoids in orange juice produced in test subjects.

"Our data show, for the first time to our knowledge, that drinking orange juice with a meal high in fat and carbohydrates prevented the marked increases in reactive oxygen species and other inflammatory agents," said UB's researcher, Dr. Husam Ghanim.

Those who are concerned about inflammation may also want to consider adopting an alkaline diet in order to cut out harmful carbohydrates.

