

Two sodas a day raises cancer risk, study finds

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Here's one more reason to consider cutting back on the soda: drinking too many sugary drinks on a daily basis has been linked to gallbladder cancer.

Swedish researchers studied the eating and drinking habits of more than 70,000 adults, keeping an eye out for [cancer](#) diagnoses. They found that people who downed two or more sodas (including ones with artificial sweetener) or juice beverages a day doubled their risk of developing gallbladder tumors compared with people who abstained from sweetened drinks.

What's more, the heavy soda drinkers also had 79 percent higher risk of having [biliary tract cancer](#), according to the study, which was published

recently in the *Journal of the National Cancer Institute*.

And those who had two or more sugary drinks a day tended to be overweight and ate a less-healthy diet - one with more calories, sugar and carbohydrates and less protein and fat, the researchers noted.

People with a history of diabetes or cancer were left out of the study.

While the results do not prove that [sugary drinks](#) cause cancer, researchers stressed, there is evidence that the risk is higher for people who drink a lot of heavily sweetened beverages.

"These findings support the hypothesis that high consumption of sweetened beverages may increase the risk of [biliary tract cancers], particularly [gallbladder cancer](#)," the scientists from the Karolinska Institute in Sweden concluded.

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