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Drinking Orange Juice With Fast Food May Neutralize Some Effects

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A new study reported drinking orange juice with a high-fat, high-carbohydrate meal may help counter some of the negative health effects.

Researchers at the University of Buffalo studied three groups of 10 normal-weight, healthy men and women between the ages of 20 and 40.

After fasting overnight, participants ate a 900-calorie breakfast consisting of an egg muffin sandwich, a sausage muffin sandwich and a serving of hash browns.

One group drank 300 calories of not-from-concentrate orange juice, a second group drank a 300-calorie glucose drink and the third group drank water.

Blood samples were collected at regular intervals. Researchers found the orange juice group had lower levels of free radicals. Experts said free radicals are known to increase inflammation in blood vessel linings and contribute to the risk of heart attack.

Orange juice also appeared to prevent a significant increase in SOCS-3, an important factor in the development of type 2 diabetes.

The study only looked at the impact of orange juice after a single meal. More study is needed to determine if orange juice would have an impact on blood vessel health long term.

The study appears in the March issue of the American Journal of Clinical Nutrition.

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