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OJ may help counteract high-fat fast-food

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BUFFALO, N.Y., March 31 (UPI) -- Orange juice may counteract some of the bad effects of a fast-food breakfast or perhaps any high-fat, high-carbohydrate [meal](#), U.S. researchers found.

Researchers at the University at Buffalo, N.Y., suggest the high amounts of antioxidants in orange juice -- the flavonoids naringenin and hesperidin -- help prevent blood vessel and other damage cause by inflammatory free radicals caused by eating a high-fat fast-[food](#) meal.

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First author Husam Ghanim asked three groups of 10 normal-weight healthy men and women between the ages of 20-40 to break an overnight fast by eating a 900-calorie fast-food breakfast containing 81 grams of carbohydrates and 51 grams of fat.

Ghanim said one group of the study subjects drank 300 calories of "not-from-concentrate" orange juice, a second group drank a 300-calorie glucose drink and the third an equal amount of water. Blood samples were collected before the meal and after one, three and five hours.

The study, published online ahead of print in the American Journal of [Clinical Nutrition](#), found no significant difference in inflammatory mediators among the groups before the meal, but free radicals increased an average of 62 percent with the water, 63 percent with the glucose and 47 percent with orange juice.

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