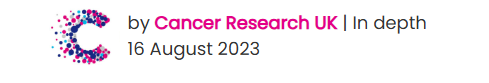
<https://news.cancerresearchuk.org/2023/08/16/sugar-and-cancer-what-you-need-to-know/>

**Sugar and cancer – what you need to know**



*This post was first published in 2017 and was most recently reviewed and updated in August 2023.*

There’s a lot of information online about sugar and cancer, but not much of it is based on scientific evidence. In this article we’re going to take a long hard look at sugar and bust some myths around the questions ‘Can sugar cause cancer?’ and ‘Does sugar feed cancer cells?’

We’ll also cover why the amount of sugar in our diets is cause for concern – just not for the reason that often appears in the headlines.

First, let’s start with the basics: why do our bodies need sugar and what foods do we get it from?

**Glucose – the fuel of life**

There is a common myth that sugar is responsible for cancer developing, or that it even fuels cancer to grow bigger. But this myth came from an over-simplification of some complicated biology. Let’s start with what sugar actually *is*.

Sugar comes in many different forms. The simplest ones are single molecules like glucose or fructose, a couple of sugars you might have heard of.

These molecules of simple sugars can stick together. For example, one glucose molecule sticking to one fructose molecule becomes sucrose – also known as table sugar.

Combinations of these molecules can add up into long chains that make up complex sugars, often referred to as carbohydrates. These are our body’s main source of energy.

As chains of sugar get longer, they lose their sweet taste. These chains are called polysaccharides, and are a large component of starchy foods like rice, bread, pasta, and potatoes.

So, while some foods may not taste sweet, they can still contain sugar in a complex form. And this is good, because our bodies can break down complex sugars into simple sugars like glucose and use it for fuel.

Our body is made of millions of cells, and each type of cell has a different job – from muscle cells that help us move, to nerve cells that help us feel.

While their jobs in the body may differ, one thing all these cells have in common is that they need energy to survive and perform their duties. They get this energy from [a molecule called ATP](https://www.nature.com/scitable/topicpage/cell-energy-and-cell-functions-14024533/), which they make by breaking down glucose in a complex chemical process called glycolysis.

So, glucose is the basic fuel that powers every single one of our cells.

If we eat or drink things that are high in glucose, such as fizzy drinks, the glucose gets absorbed straight into our blood ready for our cells to use. If a starchy food, like pasta, is on the menu, the enzymes in our saliva and digestive juices break it down and convert it into glucose. And if for some reason there’s no carbohydrate in our diet, cells can turn fat and protein molecules into glucose as a last resort, because they need it to survive.

It’s here that sugar and cancer start to collide, because cancer is a disease of cells.

**Sugar and cancer**

Cancer cells usually grow quickly, multiplying at a fast rate, and that requires a lot of energy. That means they need lots of glucose.

Here’s where the myth that [sugar fuels cancer](https://news.cancerresearchuk.org/2014/03/24/dont-believe-the-hype-10-persistent-cancer-myths-debunked/#sweet-tooth) was born: if cancer cells need lots of glucose, then cutting sugar out of our diet must help stop cancer growing, and could even stop it developing in the first place, right?

Unfortunately, **it’s not that simple.** All of our healthy cells need glucose too, and there’s no way of telling our bodies to let healthy cells have the glucose they need without also giving it to cancer cells. And cancer cells also need lots of other nutrients too, like amino acids and fats; it’s not just sugar they crave.

**There’s no evidence that following a “sugar-free” diet lowers the risk of getting cancer, or that it boosts the chances of surviving if you are diagnosed.**

And following severely restricted diets with very low amounts of carbohydrate could damage health in the long term by eliminating foods that are good sources of fibre and vitamins.

This is particularly important for cancer patients, because some treatments can result in weight loss and put the body under a lot of stress. So poor nutrition from restrictive diets could also hamper recovery, or even be life-threatening.

**A sticky end for sugar research?**

Although there’s no evidence that cutting carbohydrates from our diet will help treat cancer, important research has shown that understanding the abnormal ways that cancer cells make energy could lead to new treatments.

Back in the 1920s, a scientist called Otto Warburg noticed that cancer cells use a different chemical process from normal cells to make energy from glucose.

Healthy cells use a series of chemical reactions in small cellular ‘batteries’ called mitochondria. The Warburg Effect, as it was soon dubbed, describes how cancer cells bypass their ‘batteries’ to generate energy more rapidly.

This shortcut for making energy might be a weakness for some cancers.

Firstly, it means scientists could develop drugs that shut down cancer cells’ powerplants but don’t stop healthy cells making energy. Researchers are already testing therapies designed to do just that.

Secondly, the abnormal processes in cancer cells can also leave them less able to adapt when faced with a lack of other nutrients, like amino acids. These potential vulnerabilities [could lead to treatments too](https://news.cancerresearchuk.org/2017/04/19/taking-advantage-of-cancers-abnormal-metabolism-could-lead-to-a-new-way-to-starve-tumours/). But these approaches are still experimental, and we don’t know yet if treatments that ‘starve’ cancer cells are safe or if they work.

There certainly aren’t grounds for cancer patients to try and do it themselves by restricting their diet during treatment. Going back to our earlier point, it could be dangerous to do so.

**If sugar doesn’t cause cancer, why worry about it?**

If cutting out sugar doesn’t prevent or treat cancer, why do we encourage people to cut down on sugary foods in [our diet advice](http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer/how-to-enjoy-a-healthy-diet)?

That’s because there is an **indirect** link between cancer risk and sugar. Eating lots of sugary foods over time can cause you to gain weight, and [being overweight or obese increases the risk of 13 different types of cancer](https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/obesity-weight-and-cancer/does-obesity-cause-cancer). In fact, overweight and obesity are the [biggest cause of cancer after smoking](https://news.cancerresearchuk.org/2018/09/24/how-we-estimated-when-obesity-might-catch-smoking-as-the-top-cause-of-cancer/).

**How can I cut down on sugary food?**

Sugary foods are usually sweet and contain what are called free sugars. We call them free sugars because they aren’t inside the cells of the food itself, but are instead added during the cooking or production process.

Free sugars also include sugars found in juices, honey and syrups, as the sugars in these foods have been removed from their cells.

These sugars are different to the sugars found naturally in fruit and vegetables, which are still stuck inside cells. Because they’re not ‘free’, it takes longer for us to digest them.

It’s **free sugar**we’re mainly concerned with when it comes to weight gain. One of the easiest ways to lower your free sugar is to cut down on sugary drinks, one of the largest sources of sugar in the UK diet.

Some sugary drinks, like fizzy drinks and energy drinks, can have more than the recommended daily maximum amount of [free sugar](https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/) in one serving alone. And these extra calories can promote weight gain while offering no other nutritional benefits.

Other sugary foods like sweets, chocolate, cakes and biscuits can be eaten occasionally, but shouldn’t make up a big part of our diet every day. And you might be surprised by other foods that can also have high amounts of free sugar.

Some breakfast cereals, ready meals, pasta sauces and yoghurts can have shocking amounts of sugar in them. Reading [nutrition information labels](http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx) and checking the ingredients list can help you choose lower sugar options.

While there are steps you and your family can take to cut down on free sugar in your diet, making these changes can be easier said than done. And it’s here that governments need to lend a hand.

“Multiple cues push us as customers to stack junk food into our shopping baskets, [even if we weren’t planning to](https://news.cancerresearchuk.org/2023/04/20/routes-to-a-healthier-shopping-journey/),” says Professor Linda Bauld, our cancer prevention champion based at the University of Edinburgh. “That’s why we want the Government to help create a better food environment where the healthy choice is the easy choice for everyone.”

**No sweet endings**

So, there are two sides to this story.

On the one hand, sugar itself doesn’t *cause* cancer, and there’s no way (at the moment) of specifically starving cancer cells of glucose without harming healthy cells too.

There’s also no evidence that adopting a diet very low in carbohydrates will lower your cancer risk or help as a treatment. In fact, patients need adequate nutrition to help their bodies cope with treatment.

But eating a diet high in sugar can promote weight gain. And being overweight or obese increases the risk of at least 13 types of cancer.

The take home message is that although banishing sugar won’t stop cancer in its tracks, we can all reduce our risk of getting cancer by lowering the amount of free sugar in our diets to help maintain a healthy body weight.

*Correction, 28 June 2023: The original article mistakenly stated that the Warburg effect was first described in the 1950s. It has been updated to reflect the fact that Warburg discovered it in the 1920s.*

References and further reading

**Comments**

* Daniesyl

8 January 2024

I have lost 3 friends to cancer. One was vegetarian, one even received specialized treatments from Switzerland, two decided to cut out sugar completely because they were told… ‘sugar feeds cancer cells theory’. I understand that science is always evolving and that what is true today may not be true tomorrow… but for now the research and facts … I’ve seen from different sources… agree that sugar is not a carcinogen (unlike alcohol). I’ve had cancer… I have survived it. What I have come to understand… cancer is complicated… there is not a one fix all… and my personal opinion… the joy of sugar in moderation (especially from fruits, a nice pasta meal, or a little piece of birthday cake) will help your mind and your body much more than more restriction and fear if you are dealing with cancer. Cancer is already scary and stressful enough.. so if I may suggest… if you have cancer (choose for yourself what feels right… what feels good… you know what that is and it sometimes changes from one moment to another). If someone around you has cancer… please ! please… do not add to their stress by perpetuating miss information. Stick to the facts… encourage them to listen to their heart. Be kind and sensitive.

69

12

Rate This

* Natalia Rocon

4 January 2024

I recently read your article on the relationship between sugar and cancer, and I want to commend you for providing clear and evidence-based information on this often misunderstood topic.

Your explanation of the role of sugar in our bodies, particularly its connection to glucose and the function of healthy cells, is insightful. The debunking of myths about sugar directly causing or fueling cancer is particularly valuable, emphasizing the importance of a nuanced understanding.

I appreciate the distinction between free sugars and those naturally present in fruits and vegetables, as well as the indirect link between sugar, weight gain, and cancer risk. Your emphasis on the role of governments in creating a healthier food environment is also noteworthy.

Thank you for promoting awareness and clarity on the complex relationship between sugar and cancer, contributing to a better-informed public.

17

4

Rate This

* Sidney

25 December 2023

There is a study that should be done. For example, we know that the indigenous people of the Americas, North, Central and South, before the arrival of Europeans, did not consume refined sugar or even salt in their diet. From the little we know and now only carrying out some studies with the remainder, so that we know with some certainty whether a diet low in carbohydrates and sugars is suitable for a reduction and ascendance of cancer cells. After all, it was European habits and customs that brought many certain illnesses to the indigenous people and not the other way around.

5

3

Rate This

* Job McKee

27 October 2023

Even though the article was reviewed in August 2023, it still lacks journal references for its claims. A simple literature search reveals many interesting and novel nuances not mentioned, or even contradicted, in the article.

35

9

Rate This

* Gary Southwell

25 October 2023

Excellent logical and well researched article. I can feel comfortable eating small amounts of fruit along with my vegetables in helping overcome my cancer.

6

9

Rate This

* Justin

23 September 2023

Hi,  
I love your post.  a fact-based exploration of the sugar-cancer connection. Looking forward to dispelling myths and understanding the role of sugar! We are also a blogger read more at  s4blog. Thanks!

3

6

Rate This

* Lucie

5 April 2023

Thank you for this comprehensive article about sugar and cancer. It is very helpful to learn about how to reduce our risk by making healthy choices and lowering the amount of added sugar in our diets.

9

3

Rate This

* Mario Albert Cepeda

29 March 2023

Excellent article. I appreciate your efforts in detailing the whole sugar/cancer link in an easy to understand way. Thank you!

11

2

Rate This

* Jan Cooper

26 February 2023

Just have a good balance that’s my thoughts

5

1

Rate This

* Janette

22 February 2023

Does oatmeal have too much carbs and sugars? Cancer has spread. Trying to stop it from spreading. Any tups?

6

4

Rate This

* Phyllis Moore

2 February 2023

Carl,  
I am in no way affiliated with the medical field however I am a lifelong learner. I am going to make some suggestions…I feel rather strongly about.  
STOP EATING SUGAR AND BREAD! You will not believe how good you are going to feel!!  
Find videos on meditation…then do it! You won’t believe how goid you will feel!!!  
I love you and I hope you get everything you desire!

23

17

Rate This

* Dada isola

22 February 2021

Please if anybody have Brest cancer what is the medicine that can used

9

4

Rate This

* Carl

6 February 2021

This article is somehow misleading, vague and contradictory. Firstly, it does not make a difference between refined and natural sugars, and simple and complex sugars, and it seems to suggest that it is OK to eat refined sugar when in cancer treatment while now many doctors are aware of the importance of diet in cancer treatment. In the Far East diet is seen also as a medicine, a concept that we do not have in the West and look at the results in terms of obesity….not to mention in the UK, where eating junk food is the normal. Secondly, while in the article the authors say there is no link direct between sugar and cancer, below they then answers some questions providing evidence that there is., for example Emma gives this website:

<http://www.nature.com/bjc/journal/vaop/ncurrent/full/bjc2017272a.html>

Of course, most people will not read the comments but the main article and will be mislead to think that is fine to eat sugar during cancer treatment. I really find your article upsetting and an incentive for keep eating sugar, regardless of you suggestions relating sugar to obesity, which we all know.

Look at how the end the article:

“So the take home message is that although banishing sugar won’t stop cancer”

which is basically say it’s OK to eat sugars though they do not distinguish even what type of sugars. This is really upsetting to read from what should be a reputable organization.

My question for you is, after billions of investment, all the technological development and everything, nowadays you are still not able to cure cancer, very few progresses have been made…at the least do not promote the message “eating sugar (what sugars is not clear though) is fine”.

0

0

Rate This

* Zoe

4 February 2021

Thank you.  
I found this whole newsletter fascinating and easy to read. I was delighted to read that so many cancer researchers are teamed up to try and beat agreed common goals.

20

22

Rate This

* Cyrus Chvala

22 January 2021

I quote:  
“Sugar, in some form, is in many things we eat. And this is good, because our bodies rely heavily on it to work.”  
Hmmmm.  
Our bodies rely heavily on it to work because we feed it sugar. But we don’t need sugar because if we don’t eat sugar, as you even said, our bodies can make glucose without sugar. So I ask you, what is the minimum requirement of carbohydrates? Zero. Look it up. Also the body can use ketones as a source of energy. And there are indications that ketones are a better source of energy.  
Also, where are the references? What are we just ‘spit balling’? Can we wave our hand around and say ‘it’s like this, or it’s like that’ and say we did research? No.

123

45

Rate This

* reply

Katie Roberts

8 February 2021

Dear Cyrus,

Thanks for your comment. We recommend that people eat a healthy balanced diet, which is high in wholegrain carbohydrates and low in sugar.

The British Nutrition Foundation sets [guidelines](https://www.nutrition.org.uk/attachments/article/261/Nutrition%20Requirements_Revised%20August%202019.pdf) for how much energy a healthy person should get from different sources to minimise the risk of disease. This includes 50% of daily energy intake from carbohydrates.

Best wishes,

Katie, Cancer Research UK

46

59

Rate This

* Linda

5 January 2021

Thank you for sharing your great information. I read your blog daily . It give me so much knowledge and ideas.

12

13

Rate This

* MALCOLM HARBY

2 January 2021

Thank you for outlining the development of the latest vaccines in relationship to various cancers and the effect on them from the Covid-19 virus. Similarly how sugar additives in our daily food intakes effect the increase or not in getting various cancers.

5

10

Rate This

* Kate Yardley

30 December 2020

Very interesting reading. I have stage 4 metastatic lung cancer. I am being treated with Erlotinib(Tarceva). I’ve had a good response and the tumours shrunk to a size that couldn’t be measured.

I have been on the treatment for a year. Lately, I’ve started craving sweet things. I know the relation to sugar/cancer and decided to do some more research. I have my next scan early January and am hoping the cancer has not started to regrow or mutate again.

Thank you for an informative article.  
Regard  
Kate

56

2

Rate This

* Marie Allden

28 December 2020

Very good read I was able to understand lots and I like to think the government will do more to help.

4

6

Rate This

* Sandra VIlosky

20 December 2020

It contradicts what Naturopaths, and cancer survivors have said.

53

20

Rate This

* Patricia

7 December 2020

I get really upset when I read time and time again that those on a low income cannot afford to eat a healthy diet. Of course they can! It is a myth to say otherwise. No one makes them buy junk food, it is their choice. I could show them how to shop so that the food they buy is well within their budget and is very healthy at the same time.

68

34

Rate This

* keen

7 December 2020

the carnivore diet so far as far as I can tell has the strongest case to avoid cancer and potentially starve it out.

the omnivore diet is not good enough it’s still includes too many carbs from food.

once the body is fat adapted it takes time to adjust you can’t go from omnivore to carnivore and be completely imbalanced overnight: it should be a gradual thing.

but once you’re fat adapted the body will no longer have the excess to deal with.

27

37

Rate This

* Rich

4 December 2020

Cancer really struggles in a alkaline environment, go figure?

22

22

Rate This

* ishika

26 November 2020

If you see a good post, you should always appreciate the need of that post, I saw your post and I liked it very much and I would like to appreciate it. Your post is also beautiful to see and every single word written in it is written very thoughtfully.

6

21

Rate This

* boynton beach rehab

18 November 2020

Thank you for this incredibly interesting information. This is the first time I heard that sugar can in any way affect the development or formation of cancer. But thanks to your article, I now understand that although there is a connection, it is indirect. Now I can review my diet in order to avoid problems in the future. I have always understood that being overweight leads to health problems, but I never would have thought that cancer is also at risk. I’ve always been very afraid of cancer and everything related to it. Therefore, for me, this is an extremely serious topic, and your article gave me a different angle to review this problem.

15

5

Rate This

* medium.com

29 October 2020

Hi there, after reading this amazing piece of writing i am too happy to share my knowledge  
here with colleagues.

4

12

Rate This

* Angela Mullins

9 November 2017

I can see and understand the aggravation in the comments of people. I have worked oncology for 15 years and have endured and learned some hard facts in relation to cancer, facts that are not given to the patient, therefore the patient is not given a chance to make a choice about how to tackle their disease. To begin let me say I am not against Any medical treatment necessary but I am against a patient not being given all their options to make a choice. I agree with what you said about sugar, however I think some confusion is in the explanation of the differences in sugars. It made your statement seem contradictive. Furthermore, that comment about aspertame not being dangerous or related to developing cancer was a false statement and people can read lots of research to the fact and also read the warning labels on things with aspertane in them. To much of anything can be bad. That is a fact. There is a difference in natural sugar that is in our fruits and vegetables. And it has been proven that those are important for overall complete health and good cell development . One problem our society has is they hear about something being good and they over indulge. Our bodies were not made to take on the heaping piles of food at one serving, instead we should fueling our bodies every 2 hours with small portions. Our bodies are not made to eat those fat free snack cakes that are advertised to help with weight. And goodness those sugar free chocolate bars that I have seen people eat bags full because they are told they are sugar free. Not helpful for weight loss or health. We are eating more processed foods that has been stripped away of the minerals our body needs to maintain a healthy immune system, and opening the door to numerous disease. Our bodies were made to fight, it is a machine, that needs to be maintained. But as society and life changes our way of eating has changed, changing our whole makeup and decreasing its natural abilities. I have seen several patients go through numerous chemo drugs. And I have seen a lot of them take a more alternative route after chemo depleted their body, to a treatment of incorporating all natural herbs, minerals, certain fruits and vegetables with great ongoing success. Alternatives like turminic, ginger, parsley, cinnamon, the yellow rines of a lemon, apple cider vinegar , apples, cayenne, kale, and good fats,like sunflower, coconut , grape seed, olive, avocado, tuna, etc.  
So much of what everyone is saying is true, but I think we go to extremes and things are being overlooked and pushed to the limits.  
Access to healthier foods need to happen. Poverty is linked to one major influence to obesity. Poverty stricken people can only afford these cheap processed foods, snacks, junk food creating a high percentage of obesity. Then others have a lifestyle of working 2 jobs, parenting, sports, etc and fast foods has become the best way to save time.  
It is crazy how insurance companies pays these enormous healthcare cost for treatments on cancer, heart disease and diabetes, but will not pay for life changes, like gym fees, all natural medication (like all natural hormones pellets for menopausal women , but will pay for the synthetic ones) dietcians (but will pay for gastric bypass) etc.  
It is sad how it’s all about the $$ and not about people’s quality of life. And most people can research and research and never find some proven research that I know was done,but they are given just enough to make them believe what we want them to believe or not understand.  
I know this is getting off the subject of sugar, however I am hoping it opens the eyes of readers to research more into obesity, cancer, and other issues to help come up with resources to help all people. Because all these issue with health, diseases , mental health, poverty, food, etc it’s all a continuous cycle.

542

50

Rate This

* Emma

3 November 2017

Hi Dennis,  
We’re really sorry to hear about your wife’s diagnosis.

There’s no evidence currently that sugar in the diet has an impact on cancer survival, so no need to cut out fruit juices completely. Fruit juices often contain lots of vitamins and nutrients that are good for our health, but they are also high in sugar so the general recommended amount of juice a day is a small glass (150 mls) as part of a balanced diet – <https://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx>.

However, it can be hard for some patients to carry on eating a healthy balanced diet during treatment and it’s important that your wife gets enough calories during this time. If you’re concerned about your wife’s nutrition, the best person to speak to is her doctor who can advise you further.

Emma, Cancer Research UK

22

117

Rate This

* Dennis walkace

28 October 2017

I think I understand what your saying about cancel and sugar, my wife has a GBM brain tumour , we are having lots of freshly prepared fruit drinks which are full of natural sugars can you confirm that it’s okay to have these drinks  
daily

24

46

Rate This

* Satishkumar

27 October 2017

I am tung & neck cancer pashent troubling to bank lone give me a legal suggestions

2

17

Rate This

* Alexis

23 October 2017

The hell? You literally just said that cancer cells feed on glucose and then attempted to suggest that not eating sugar might be so bad for you that it’s not worth trying it – and pretended to suggest, in complete contradiction of your prior statements, that sugar has no effect on cancer without qualification.

You aren’t going to die if you eat a low carb diet for a few months. Millions of people do it. I’ve done it for years and I’m healthier than ever. This article is nonsense. Human beings aren’t so inflexible that not eating a certain food-group for a few months will ruin our health.

275

91

Rate This

* Nick Peel

20 October 2017

Hi Jennifer,

Thanks for your question.

The study you mention adds to scientists’ understanding of how cancer cells use sugar to grow in the lab, which is different to the ways healthy cells do. The study mostly looked at the effects of adding sugar in the form of glucose to yeast cells in the lab, alongside two types of human cells. The study didn’t look at patients’ tumours or their diets. This therefore doesn’t tell us about the way sugar from food or drink interacts with tumours in the body, so the evidence isn’t strong enough to warrant a change in the advice that we give to patients.

Best wishes,  
Nick, Cancer Research UK

35

47

Rate This

* Jennifer Lee

20 October 2017

Just wondering what your thoughts are on the latest research from Johan Thevelein at the University of Leuven in Belgium, that shows that sugar promotes growth of cancerous tumours?

112

7

Rate This

* Doug MacTavish

20 October 2017

The American Cancer Society has had a cozy tie to hair dye manufacturers, and taken a mild view of it’s cancer risks while the National Cancer Institute urges no skin contact as does FDA. Who do you trust more?

39

4

Rate This

* John Atkins

16 October 2017

All cells need glucose for energy but only healthy cells can make glucose from fat. Cancer cells must have glucose & cannot use fat and therefore die off in the absence of glucose in the diet.

63

14

Rate This

* Rachael Griffin

16 October 2017

<http://www.independent.co.uk/life-style/sugar-cancer-tumours-aggressive-stimulation-growth-study-a8002701.html>

I light of the above will the advice given to cancer patients change?

8

2

Rate This

* reply

Justine Alford

18 October 2017

Hi Rachael,

Thanks for your question.

This study adds to scientists’ understanding of how cancer cells use sugar to fuel their growth, which is different to what healthy cells do. It mostly looked at the effects of adding sugar in the form of glucose to yeast cells in the lab, alongside two human cell lines, and didn’t look at patients’ tumours or their diets. This therefore doesn’t tell us about the way sugar from diet interacts with tumours in the body, so the evidence isn’t strong enough to warrant a change in the advice that Cancer Research UK gives to patients.

I hope that helps. If you’re concerned, you can ring our information nurses on 0808 800 4040, or send them a message here: <https://www.cancerresearchuk.org/about-us/contact-us/talk-to-our-nurses?wssl=1>

Best wishes,

Justine, Cancer Research UK

11

29

Rate This

* James Caplan

15 October 2017

Otto Warburg, The Prime Cause of Cancer.

Hypoxic tissue, tissue starved of oxygen, is an end station for metastic cancer cells; ergo, highly oxygenated tissue is a means of denying cancer a breeding ground.

12

1

Rate This

* Justin

7 October 2017

Surely good advocates for your cause would be something like Whole fodd businesses! Company’s that don’t sell or promote sugary products?

12

3

Rate This

* Justin

7 October 2017

Ok im tell you what I think🤔 If being overweight contributes towards some cancers and cancer research uk wants to highlight that fact the sugar is one! of the main causes in weight gain and we all know how addictive it is Then why is that some of your sponsors that donate thousands upon thousands of pounds run and make their business selling and promoting processed food and sugar. Ie! Galaxy premier foods ect?

20

2

Rate This

* Sylvia

29 September 2017

This is why I disagree with bake a cake and selling cakes for cancer research as lots of people needing to watch their weight but the cake to raise funds but in eating cake they raise their weight and raising weight can be contributing to cancer. So though cake is not harmful in small doses it is too frequently used as a way to raise money for charity and I feel macmillan cake days are not givintage out the right message of healthy lifestyle

25

2

Rate This

* Cynthia

29 September 2017

Here’s a link to an actual scientific research  
<http://www.foxnews.com/health/2016/01/06/study-links-sugar-to-cancer-how-to-reduce-your-risk.html>

7

15

Rate This

* lane

25 September 2017

no

2

2

Rate This

* Emma

5 September 2017

Hi John,  
Thanks very much for your message.

You’re correct, PET scans work by measuring how quickly cells use glucose – cancer cells consume glucose more quickly than most normal cells which shows up in scans.

This article was focused on sugar in our diets and the risk of developing cancer in the first place. But researchers are looking very hard into the situation for cancer patients, because some small studies have suggested that having a diet high in sugar might help some types of cancer grow and spread (here is an example <http://www.nature.com/bjc/journal/vaop/ncurrent/full/bjc2017272a.html>). But this field of research is still at a very early stage and we’re a long way from knowing whether either reducing sugar consumption or treatments that stop cancer cells using getting and using sugar will benefit cancer patients.

Lots of foods contain carbohydrate in some form – either as a simple sugar which your body can absorb and use quickly, or a more complex polysaccharide (a long chain of sugars) that your body needs to break down before using it as fuel. Fruits and starchy vegetables (including potatoes, peas, beans and corn) contain carbohydrate, but they are much lower in sugar than obviously sweet foods and sugary drinks and have other nutritional benefits (for example providing a good source of fibre, vitamins and minerals) so it’s a good idea to get your 5 a day. And there’s no evidence that other sweeteners help cancer develop or grow.

During chemotherapy it’s really important to make sure you get enough calories to help your body cope with treatment, so please talk to your doctor if you are considering any significant dietary changes.

We wish you all the best for your treatment,  
Emma, Cancer Research UK.

3

19

Rate This

* John Bailey

1 September 2017

This article causes some concern for me. When I was injected with radioactive glucose at a recent PET scan, the site of tumours was inferred by wherever the glucose gathered. Isn’t this an indicator of thefact that cancer cells greedily consume sugar? I do realise that every cell in the body needs sugar for energy production, but it is naturally present in fruit and vegetables.

Perhaps it’s the refined stuff that the body hasn’t evolved itself to handle adequately? I’m really concerned at the moment, because I would not like to think that I’m providing the body with unnecessary sweeteners thinking that they’re fine, when in fact they’ll be supplying the fuel that will nourish the cancer stem cells’ fermentation.

I dread another course of R-CHOP therapy for a possible recurrence of non-Hodgkins.

20

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Rate This

* Randy Force

28 August 2017

Rubbish. Inaccuracies abound in this article. Just one for example. The body doesn’t convert fat to glucose. It converts it to ketones. Other than blood, CNS, and cancer cells, everything in your body is perfectly happy with ketones as a primary fuel source.

42

6

Rate This

* Xin-Hai Li

27 August 2017

Very interesting thinking to find the abmormal growth mechanism of cancer cells. Suggest to think about why the cancer cells grow very slowly with the aged people (around 80 years old) while they grow very rapidly among the young patients.

3

0

Rate This

* Kevin Nengia

11 August 2017

As far am concerned sugar is a big factor in cancer growth and spread. I agree that that almost all the food(starchy foods) have sugar but food fibre takes time to be absorbed in the body and is more healthy than other sugars. In addition, taking moderate sugary foods and carbohydrate is key in cancer recovery, my wife’s breast cancer case opened my eyes.  
This report is business oriented to promote conventional treatment. If I may ask is science the only way of knowing?

21

4

Rate This

* Share Valleau

8 August 2017

This is irresponsible reporting. You have no citations, and you cannot possibly promote the idea that sugar is not bad for you, obesity is. I have done extensive research and have survived three cancers without chemo or radiation. After surgery, I credit faith, diet (including organic eating), stress alleviation, exercise, beneficial herbs and knowledge. The only way to effectively fight cancer is to make one’s body an inhospitable host for it to take root and spread. Cancer proliferates in people with sugary diets, regardless of weight.

49

10

Rate This

* Emma Smith

7 August 2017

Hello Shelagh,  
All sweeteners are tightly regulated and rigorously tested for safety by the European Food Safety Authority (EFSA). Plenty of research has been done on steviol glycosides (a ‘natural’ sweetener) and in 2010 EFSA reviewed all the available evidence, and concluded that they are not linked to cancer and have set guidance for the food industry on how much to use in food and drinks. There is also strong evidence that artificial sweeteners, such as aspartame, do not increase the risk of cancer.  
Best wishes,  
Emma, Cancer Research UK

2

20

Rate This

* David Bastow

5 August 2017

Cancer research is all about treatment and not the cure. The treatments are surgery, drugs, chemo and radiation. All of these come with a high price tag and do NOT cure cancer. Thousands of people have CURED cancer by dietary changes. No research is being done on this because there is no money in it ($$$). This is tragic and disgraceful.  
I am angry!!

63

5

Rate This

* Shelagh Shields

27 July 2017

What about truvia, and steviol glucoside? Are they Ok? Simple answer please. Thanks

2

1

Rate This

* Rajeev Samuel

26 July 2017

All lies – lions and tigers don’t require “Glucose”

16

5

Rate This

* Sean Andrews

25 July 2017

How about you take a look at this article that shows a direct connection with sugar consumption and cancer.  
<https://www.google.ca/amp/www.foxnews.com/health/2016/01/06/study-links-sugar-to-cancer-how-to-reduce-your-risk.amp.html>

12

8

Rate This

* Gail Keating

24 July 2017

Thankyou so much for the sugar article. So easy to understand and so balanced. I shall spread it around as it is so difficult to get accurate and credible information once the media has hyped a topic.

6

16

Rate This

* Gloria Hunter

17 July 2017

Really interesting and very informative for me and my husband who has had 3 types of cancer even though he has always been Heath conscious and not over weight. Myself however who has become overweight will definitely be more aware of added sugar in my diet.

1

4

Rate This

* David Barnes

10 June 2017

Absolutely appalling, dangerous article which could harm cancer patients health. Opinions is presented as “fact” and the detailed work of respected scientists is totally ignored and we are told it “does not exist”. Look at the work of Dr Valter Longo of University of Southern California, Professor Thomas Seyfried of Boston and Dr Dominic D´Agostino, Assistant Professor of Molecular Pharmacology, University of South Florida, and the Max-Plank Institute.

33

4

Rate This

* John Froster

4 June 2017

No scientific evidence? What about the review of 39 scientific papers – “The Efficacy of Ketogenic Diet…” (Varshneya et al. 2015) and Storer et al.’s 2916 paper “Ketolytic and Glycolytic Enzymatic Expression in Paediatric Ependymoma: Implication for Ketogenic Diet Therapy”?

32

3

Rate This

* wendi beal

4 June 2017

food for thought.

3

5

Rate This

* wendi beal

4 June 2017

very interesting report. food for thought.

2

9

Rate This

* wendi beal

4 June 2017

very interesting report.

1

9

Rate This

* Graham Cadd

2 June 2017

Great information, I will include this as part of my nutrition talks, you guys are Amazing.

2

13

Rate This

* Jan

2 June 2017

Informative and easy to understand.

4

8

Rate This

* Catherine Fuller

2 June 2017

This is an excellent article. I wish this would be given to the leaders in the ‘diet’ industry. Many people are misinformed in good health/exercise and nutrition. Many GP’s aren’t that knowledgeable about these things. So much conflicting advice from professionals.  
This is my area of study and for the first time in a long time this article is one of the most accurate I’ve read. Thank you.

7

11

Rate This

* Angela Lander

1 June 2017

Very informative article, especially the molecular chain part. I gave my friend some bad advice I’m ashamed to say and will forward this to everyone I know. Keep up the fantastic work, we can stand up to cancer together with the info you are passing on.

7

9

Rate This

* Richard Bates

1 June 2017

Very very interesting and written in a way that doesn’t need a scientist’s brain to absorb.  
Well done!

7

7

Rate This

* W. Clarke

1 June 2017

Sugar free has aspartame in and that causes cancer so what you’re saying is have diet foods which causes cancer which is a load of codswallop

5

18

Rate This

* Aliaksei Holik, PhD

1 June 2017

Being a researcher and a cancer researcher at that, I wonder what sort of evidence allows us to make that categorical statement that sugar doesn’t cause cancer directly, but obesity does. As far as I can see, these two factors are perfectly confounded. I.e. people who are obese are also, with some exceptions, people that consume large amounts of refined sugars. So unless we can run a study with a large cohort of obese people that have always been on sugar restricted diet, we have no way of separating these two risk factors.

33

3

Rate This

* Stephen M

23 May 2017

Sugar spikes insulin. Many cancers have elevated insulin receptors on the surface. Insulin is how sugar indirectly impacts cancer growth. Insulin also increases HGH and IGF – you can extrapolate what that would do to cancer. There is research from MD Anderson that shows fructose is the worst for someone with cancer and responsible for the cancer spreading. Interestingly fructose found in fruit. The health benefits of a diet that keeps blood sugar steady should be evident.

20

6

Rate This

* reply

Aine McCarthy

23 May 2017

Hi Stephen,

Thanks for your comment. The relationship between high insulin levels and cancer is complicated. Strong evidence shows that obesity causes 13 types of cancer and one of the leading explanations for how it causes cancer is due to growth hormones like insulin. Excess body fat can raise the level of insulin the body – this can tell cells to divide more often, which raises the chance that cells will change and lead to cancer. However there is no good evidence that people with normal insulin levels who eat sugar as part of a balanced diet are more likely to develop cancer.

The research into whether sugar in the diet makes cancer grow more aggressively is still at an early stage – it’s only been carried out in mice so we don’t know if the same is true in people. We would need more research to find out if reducing dietary sugar is safe, which patients might benefit, and whether it works as part of treatment.

12

8

Rate This

* David Black

19 May 2017

This article was very informative and can hopefully give each reader reason to review certain types of food within their regular diet

6

5

Rate This

* TeeDee

19 May 2017

This article had the potential to be great, but fell short when it called Glucose, The Fuel of Life. There are many who consume zero carbs and are vibrantly healthy. Your statement that,”… following severely restricted diets with very low amounts of carbohydrate could damage health in the long term by eliminating foods that are good sources of fibre and vitamins.” is flat out false. There is no damage done to health when one eliminates or severely restricts carbohydrates. There is nothing in carbs that isn’t found in animal protein and the fibre myth has been debunked, though some like its filling effects (which healthy fats can also accomplish). Today’s dieticians, many doctors and health journalists are quickly becoming dinosaurs, but they don’t have to. Learn what is going on ‘now’, not what you learned in school or what is being told to you by those who want to stick with worn-out rules around food intake and health.

19

17

Rate This

* Yvie P

19 May 2017

This article asserts that “There’s no evidence that following a “sugar-free” diet lowers the risk of getting cancer, or boosts the chances of surviving if you are diagnosed.” I would be interested to read the reasearch illuminating this assertion. Please see research by Dr Valter Longo and Dr Thomas Sayfried for evidence based indications that sugars and cancer are linked.

22

2

Rate This

* Mary Edmans

17 May 2017

Interestingly the STAMPEDE series of clinical trials for advanced prostate cancer has been recruiting men to take part in a new arm which prescribes the diabetes drug metformin alongside chemo and hormone injections. We were told this is on the premise that inhibiting sugar might help slow cancer cell production. Not sure when the trial ends and the results will be published

12

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Rate This

* Steven

17 May 2017

We must also remember that the liver converts food into glucose so the input of carbs do not have to be as much as the RDA.

4

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Rate This

* Virginia

17 May 2017

Sucrose – table sugar- is NOT a simple sugar. It is a disaccharide, each molecule of which is two simple sugar molecules chemically bonded together. It is not a mixture of any sort. In the case of sucrose, it is made from glucose and fructose. To get the use of sucrose, the body breaks the bond between glucose and fructose, and changes glucose to fructose. Fructose enters mitochondria most easily and is broken down for energy use in that molecular form.

Fructose is found in fruits naturally. But manufacturers also use it as an added sugar ingredient at least in American foods as high fructose corn syrup. Since fructose is so easily absorbed by the body, it’s easy for large amounts of this sugar to sneak into our diets. This has caused many problems for Americans even eating the same foods as 40 years ago. They are not the same foods anymore, and much more sugar is found in canned and processed foods. I would not at all be surprised if produce is now sweeter than 40 years ago through variety development and plant cloning.

Check the first 3 or 4 ingredients on the packages of your food. If any one of them is sugar, high fructose corn syrup, corn syrup, or a worry ending in -ose, you have sugar as one of the main ingredients.

Even organic foods are not immune. A can of organic tomato paste I was going to buy had 2 ingredients: organic tomatos, and organic cane juice. Came juice is sugar cane, from which sucrose is refined. Both ingredients were organic, but it was high in sugar, so I couldn’t use it for my dish. I chose non – organic tomato paste instead, because it only had tomatoes in it.

Stay in the know. There are all kinds of tricky ways American food companies try to sell us junk. Reading about how things happen in America can possibly guard you from being taken in in the UK.

Best wishes from across the Pond!

32

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Rate This

* Mark Z

16 May 2017

Good points. I’ve found though that the feelings of diabetes and the effects of cancer and radiation can feel very similar. If your blood sugar is high (ie jacked up due to steroids) you can do things to get the blood sugar in a normal range. The results can amaze because it not only can make you feel better but you get some control. Diet, exercise, and knowing your body and mindfulness can really help. Feelings of rage for example can come up when your sugar is outside normal,

10

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Rate This