



# TIP SHEET

## THE SCOOP ON SODAS

### Reasons people drink soda:

- ✓ Taste
- ✓ It is popular- served almost everywhere- at restaurants and at people's homes
- ✓ It's convenient- drink machines are everywhere
- ✓ Excellent marketing of the drinks
- ✓ Soda is a habit
- ✓ Cost- it is inexpensive
- ✓ Quench thirst- people believe it can quench their thirst
- ✓ Addiction- caffeine is mildly addictive, which is why it is hard to break the soda habit

### Reasons to Stop Drinking Soda:

- ✓ Soda is useless- no nutritional benefits! It is empty calories.
- ✓ Increased Weight Gain and Obesity - People do not realize how many calories they consume per day from their drinks. Drinking one can of soda or other sugary drink per day can lead to more than 1 pound of weight gain per month.
- ✓ Diabetes - Research has linked soda consumption to weight gain and obesity, and diabetes is often a result of weight gain and obesity.
- ✓ Weakens Bones and Increases Risk of Osteoporosis- Sodas can increase the risk for osteoporosis, which is a condition where the bones become brittle. This is becoming a problem with children who drink a large amount of sodas versus calcium-rich milk.
- ✓ Dental Cavities and Erosion- Soda is acidic, it will eat up and dissolve tooth enamel. Soda can double or triple the occurrence of tooth decay. The acidity in soda is worse for the teeth than sugary foods.
  - Soda's pH (acidic level) is 2.5, which is about the same as vinegar. However, you don't realize that because of the levels of sugar found in soda. To help you get a better picture of how acidic soda is, battery acid has a pH of 1 and pure water has a pH of 7. A pH below 4 or above 10 will kill most fish and few animals can tolerate water that has a pH of less than 3 or more than 11. (<http://www.emedexpert.com/tips/soft-drinks.shtml>) Yuck! No wonder it causes dental cavities and erosion, as well as kidney damage, liver problems, and digestive problems.

- ✓ Kidney Damage- The acid level in sodas also can damage the kidneys and lead to an increased risk of kidney stones.
- ✓ Destructive Effects on Liver- Soda increases the risk for liver problems that are similar to liver cirrhosis, which is similar to what happens with chronic alcoholics.
- ✓ Harms Digestive System- The acidic levels of soda can damage the digestive system.
- ✓ Increased Blood Pressure- Sodas and increased blood pressure have been linked by research.
- ✓ May Cause Heartburn- Also linked by research.
- ✓ Metabolic Syndrome Risk Factor- Combination of high blood pressure, obesity, high cholesterol, and insulin resistance (diabetes).
- ✓ Dehydration- People often drink soda when they are thirsty. This is actually the worst time to drink a soda because the sugar and caffeine in them act as diuretics and increase urine volumes. High amounts of sugar actually draw the water out because your kidneys are trying to get rid of all the sugar out of the blood.
- ✓ High Caffeine Levels- Too much soda can cause irritability, restlessness, tension, insomnia, high blood pressure, gastrointestinal disturbances, increased urination, and irregular heartbeats... just to name a few!
- ✓ Toxins- Aspartame (In diet sodas as well)- Aspartame is an artificial sweetener that has been approved by the US FDA. However, it has been linked to over 92 different negative side effects.
- ✓ Possible Cell Damage Ability- Research has suggested that preservatives in soda may lead to cell damage by altering DNA.
- ✓ There Are So Many Healthy Alternatives- Water is healthy and it is free, milk has more vitamins and minerals, fresh juices also have more vitamins and minerals!