

Ban Soft Drinks from Your Diet

Soft drinks provide no nutrients to the body.

When you drink soda, you are ingesting empty calories which means you are getting calories, but you are receiving **no benefits** from the drink.

People who drink large amounts of soda instead of healthy drinks like water, milk, or juice are less likely to get adequate vitamin A, calcium, and magnesium.

Diseases and Soft Drinks

Obesity risk increases by 1.6 times with each soda consumed. The sugar, high fructose corn syrup, and calories in each drink causes weight gain. Obesity can lead to heart disease, heart attacks, and strokes.

Studies have found that one drink of soda a day will increase the risk of developing heart disease or dying from a heart attack by 20%.

People who consume sugary drinks regularly—1 to 2 cans a day or more—have a 26% greater risk of developing type 2 diabetes than people who rarely have such drinks.

Studies have shown a 75% risk increase for gout in those who drink at least one can of soda a day.

Soft drinks are a problem in the childhood obesity epidemic.

Soft Drinks Can Lead to Osteoporosis

Soft drinks contain high levels of phosphoric acid which has been associated with bone breakdown. When phosphorus is excreted from the body, it takes calcium with it. Bones need the calcium in order to maintain their density. Phosphoric acid has also been linked to kidney stones and other renal problems.



People who drink soft drinks tend to have more **tooth decay** than those who don't. If cavities are left untreated, they can lead to severe toothache, infection, and tooth loss.

The Chemicals of Soft Drinks

Soft drink cans and plastic bottles are coated with BPA. BPA is a cancer causing chemical. It hurts the endocrine system and can cause premature puberty and reproductive abnormalities. Diet soft drinks contain Aspartame, which has been linked to depression, insomnia, neurological disease, and a many other illnesses. The FDA has received more than 10,000 consumer complaints about Aspartame.

Soft Drinks Dehydrate the Body

In order for the body to process the large amounts of sugar in soft drinks, large amounts of water in your body must be used. If you only drink soft drinks, your body will start to become dehydrated.

To replace the water stolen by soft drinks, you would have to drink 8-12 glasses of water for every one glass of soft drink. That means if you drink two glasses of soft drink, you would have to drink 16-24 glasses of water to replace it in your body.

Your body needs water every day. More than 70% of Americans are walking around constantly dehydrated. Drinking soft drinks does not help.

This lack of water in your body leads to several health problems.