

## Back to the Basics: What are you Drinking?

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### COKES, PEPSI, SODAS?

- Just one or two sodas per day can increase the risk of FATAL heart disease or heart attack by 35%.
- Liver fat jumps 132-142% and skeletal fat between 117-221%.
- Drinking 20 ounces of sugary soda/day adds additional years of aging.
- Alzheimer's and Dementia: those who drink soda perform worse on memory tests and had the greatest brain shrinkage.
- Phosphate, thought to be linked to cancer; is in all sodas to prevent bacteria and mold.
- Those who frequently drink soda are more likely to have moderate to severe acne.
- Having a soda to relieve stress reduces cortisol, the stress hormone. Reducing cortisol also makes people eat even more sugary foods and drinks.
- Can lead to diabetes, cause belly fat, and high blood pressure
- The citric acid in soda can lead to enamel erosion and decay.
- Drinking a 12 ounce can of soda has 140 calories and 39 grams of sugar per can.
- Children who drink a soda a day have a 25% risk of having high levels of triglycerides; that can cause heart disease.
- Gout is common in men over 40 who eat lots

of meat and drink alcohol; men who drank five or six servings of sugary sodas a week have an 85% higher rate of gout.

- People who drink at least half a liter of soft drink per day have twice the odds of having asthma and COPD.

### DIET SODAS?

- 70% increase in waist circumference.
- ASPARTAME raises blood glucose so high the liver cannot handle it; so the excess is converted into fat, aka "fatty liver."
- 2888 people who drank at least one diet soda/day were monitored for 10 years and were three times more likely to have a stroke.
- Drinking sodas, especially diet, can reduce kidney function.
- Sucralose activates genes for fat production.
- Artificial sweeteners increase appetite and leads to weight gain.

### WATER:

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