



## How Many Pounds Does One Extra Soft Drink Add to Your Body?



**A new review of available research pinpoints exactly how much soft drinks and other sugary beverages contribute to weight gain and obesity in the United States.**

**Just one extra can each day can add as much as 7 kilograms to your weight over the course of a single year.**

**The review of 30 nutritional studies conducted over the past four decades also revealed a number of other facts, including:**

- **Soft drinks contribute about half of the additional sweeteners in the average American diet, and that amounts to a third of all carbohydrate calories consumed.**
- **Limiting a child's intake of soft drinks over a year lowered his or her risks of obesity.**

**Consuming more sugary drinks led to higher weight gains and greater obesity risks.**

A nutritionist commenting on the review noted that satiety studies show that people do not compensate for calories from beverages by consuming less food. As a result, when caloric beverages are consumed, those calories are simply added on top of the rest of the total daily caloric intake.

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Soft drinks are the leading source for calories in America and Australia and are one of the primary reasons why there is an obesity epidemic. Now we find out that only one can of soft drink a day will cause you to gain about 7 kilograms a year. Think about how that will add up over a few years.

However, some "experts" believe it's absurd to place the entire blame for obesity on soft drinks, arguing a lack of exercise is a more important factor.

While exercise is certainly important, soft drinks are the quintessential junk food: They contain no vitamins or minerals whatsoever. They are the very definition of empty calories.

**The typical American drinks over 60 gallons of soda every year, with Australia very close to this, and you simply can't be healthy doing this.**

The dangers of consuming soft drinks are many and varied; one can of soda has about 10 teaspoons of sugar, 150 calories, 30-55 mg of caffeine, and is loaded with artificial food colors and sulphites.

I can't think of any good reason to drink one. And that doesn't begin to take into account diet soft drinks laced with harmful artificial sweeteners like aspartame and Splenda.

If you and your family drink soft drinks regularly, the best thing you could do for your overall health is to quit this pernicious habit and make the switch to clean fresh water.

**For further information on how to build the right nutritional plan for you please contact:**

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