

Soft Drinks and Health

Soft drinks provide calories with few or no nutrients

Nutrition Facts

Serving Size 12 FL OZ (375g)
Servings Per Container 1

Amount Per Serving

Calories 150

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 40g 13%

Dietary Fiber 0g 0%

Sugars 40g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Carbonated drinks are the single biggest source of refined sugars in the American diet. Source: *American Journal of Clinical Nutrition*, 1995; 62 (suppl): 178S-92S.

Soft drinks are often substituted for more healthful beverages

Twenty years ago, boys consumed more than twice as much milk as soft drinks and girls consumed 50% more milk than soft drinks. By 1994-96 both boys and girls drank twice as much soda pop as milk. Source: USDA's Continuing Survey of Food Intakes of Individuals, CSFII; and Nationwide Food Consumption Surveys, NFCS.

Heavy soft drink consumption is correlated with low intakes of calcium, magnesium, ascorbic acid (vitamin C), riboflavin and vitamin A. Source: *Journal of the American Dietetic Association*, 1986; 86:493-9.

Low calcium intakes contribute to osteoporosis, a disease leading to fragile and broken bones. Source: National Osteoporosis Foundation. "Fast Facts on osteoporosis." Web site www.nof.org/stats.html.

Soft drinks are easy to over-consume

In 1950, Coca-cola's 6 1/2 ounce bottle was standard. This grew to 12-ounce cans and now 20-ounce bottles. The larger the container, the more beverage people are likely to drink, especially when they think they are buying single-serving containers. Source: Center for Science in the Public Interest. "Liquid Candy: How Soft Drinks are Harming Americans' Health." Web site www.cspinet.org.

In 1997, 2.8 million (2,800,000) soft drink vending machines dispensed 27 billion (27,000,000,000) drinks. Source: *Vending Times*. 1998;38(9):15, 21,22.

Coca-cola's soft drinks are sold at 2,000,000 stores and more than 450,000 restaurants. Source: *Wall Street Journal*, May 8, 1997, B1.

Soft drinks are a contributing factor to increasing obesity

In a study of 458 kids ages 11 to 12 years, those who drank soft drinks consumed almost 200 more calories per day than those who didn't drink soft drinks. Source: *The Lancet*, 357, 2001:505-8.

The number of people who are obese (very overweight) has increased as soft drink consumption has increased. Source: Analysis by Environ, Inc., Sept, 1998 based on USDA CSFII 1994-96 two-day data.

Soda pop adds unnecessary, non-nutritious calories to the diet. Source: Center for Science in the Public Interest, "Liquid Candy: How Soft Drinks are Harming Americans' Health." Web site www.cspinet.org.

Soft drinks contribute to dental decay

Regular soft drinks promote tooth decay (or cavities) because they bathe the teeth of pop drinkers in sugar-water for long periods of time during the day. Source: *Journal of the American Dental Association*, 1984; 109:241-5.

Oral bacteria use carbohydrates (sugars) to produce an acid that weakens the hard enamel which protects the tooth. Source: University of Iowa College of Dentistry. *Does Soda Pop Cause Cavities?* 1998.

Caffeine in soft drinks is a stimulant

Caffeine is a stimulant found in many soft drinks. Caffeine's effects may be one reason why six of the seven most popular soft drinks contain caffeine. Source: *Beverage Digest*. Web site www.beverage-digest.com/980212.html.

Caffeine can cause nervousness, irritability, sleeplessness and rapid heart beat. Source: American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 4th ed. 1994.