



## Negative Impacts of Soda

By

Nicole Carlson, RD, LD

The message of removing soda from our diets has been clear for quite a while. Even with this encouragement, the general population hasn't budged much on soda consumption. Some have actively tried to stop drinking soda and been successful. However, according to the CDC, nearly 1 in 5 adults in America drink soda on a daily basis. We all know it's not recommended for our health but let's understand why.

Soda can lead to weight gain, diabetes, heart disease, tooth decay and other chronic diseases. The biggest push against soda is related to the increased diabetes rates. New research says that everyone, including those of normal weight is at a higher risk for getting diabetes when drinking soda on a regular

basis. Some of us are not looking to lose weight and think that extra calories from a can of soda on a regular basis can fit into a healthy diet. However, soda can negatively affect all of us especially when consumed regularly, no matter our size or weight goals.

Prior to a study led by Fumiaki Imamura, PhD, at the University of Cambridge, a steady consumption of sugary drinks was linked to the onset of type 2 diabetes in patients who were already obese. The researchers took it further to find out if soda consumption was linked to increased risk of diabetes independently of obesity. They found that those drinking a high amount of sugary beverages had an 18% increase in type 2 diabetes rates. When adjusted for those who were not obese it was still a 13% increase. It was shown that people who stopped drinking regular soda and started drinking diet soda or juice still had an increased chance of developing diabetes. Research demonstrated that soda may contribute to almost 2 million diabetes cases in the US and the UK over 10 years.

There is a high rate of consumption of soda in our county. Some states have tried to limit the size of sodas allowed to be sold. This may be a good first step but it will not stop those who crave a large portion of soda on a regular basis. There has to be more education on the topic rather than just restricting sales. Learning about diabetes and the complications it can cause may lead some to reconsider their soda intake. We have to work hard to produce enough insulin to get blood sugars back to normal after the rush of sugar is poured into the system. This abuse to our bodies is what can lead to insulin resistance or diabetes later on. This disease can cause damage to your nervous system, kidneys, and vision. It can also lead to amputations if not well controlled.

After understanding the impacts of soda we also need to be realistic. If someone enjoys having a cold soda on a hot summer day they may indulge from time to time. Treating ourselves once in a while is not the problem. Our health faces devastation when there is an everyday habit with multiple servings of soda. Cutting back from several

servings to one a day is a good start. Start small to eventually wean down to one a week or cutting it out completely. Soda has never been advertised as good for us. We have created these habits ourselves so we must change our habits in the same manor. Make some realistic goals to shoot for regarding soda or other sweetened-beverage intake. All it takes is a small step to start a change in behavior.



Thanks for reading! Please send your feedback to [mymealplan@insidertrainingfitness.com](mailto:mymealplan@insidertrainingfitness.com)