

## Stewardship of the Body

“I give you thanks that I am fearfully, wonderfully made” (Ps. 139)

### Soft Drinks

**Before you open that soft drink, consider this:**

A 12 ounce regular soda contains 9 teaspoons of sugar and 140 calories. Larger sizes, of course, contain more.

The American Heart Association recommends that women consume no more than 100 calories (about 6 teaspoons) of added sugar per day and that men consume no more than 150 calories (about 9 teaspoons) of added sugar per day.

Regular consumption of soda contributes to weight gain and the risk of diabetes.

A study in *Circulation* found that middle-aged adults who drink one or more regular or diet soft drinks daily had an increased risk of developing metabolic syndrome. Metabolic syndrome is a cluster of conditions that includes high blood pressure, excess weight around the waist, elevated cholesterol levels and insulin resistance. Together, these conditions significantly increase the risk of heart disease, stroke and diabetes.

An increase in soda consumption can increase the risk of osteoporosis because it takes the place of other beverages, such as milk, which lowers calcium intake.

There is some evidence that colas are linked to the formation of kidney stones. They think it has something to do with the high levels of phosphoric acid in carbonated colas.

A study in *Epidemiology* suggests that drinking two or more regular or diet colas a day may increase the risk of chronic kidney disease.

The acid content and sticky sugars in sodas can contribute to dental issues.

The best way to cut back on soda consumption is to find other alternatives, such as water, low-fat or fat-free milk, unsweetened tea.

One hundred percent fruits juices should be drunk in small amounts as they are high in calories.

Flavored waters may be high in sugar and calories so check the label.

Adding a small amount of fruit juice, sliced lemons or another type of low-calorie flavoring to sparkling water can produce the sweetness and fizz of soda.

Source: Mayo Clinic’s Women’s HealthSource, August, 2010

