

WILL THAT BE WATER OR A SODA?

The average American teenager consumes over 50 gallons of soda per year!

WATER:

We all know that water is important but I've never seen it written down like this before:

- 75% of Americans are chronically dehydrated (*likely applies to half the world population*).
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even mild dehydration will slow down one's metabolism as much as 3%.
- One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- Lack of water, the #1 trigger of daytime fatigue.
- Preliminary research indicated that 8 - 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

ARE YOU DRINKING THE AMOUNT OF WATER YOU SHOULD EVERY DAY?

COKE(Sodas of any colour):

- No wonder coke tastes sooo good!
- In many U.S. states the highway department carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
- You can put a T-bone steak in a bowl of coke and it will be gone in two days.
- To clean a toilet: Pour a can of Coca-Cola into the bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- To clean corrosion from car battery terminals: Pour a can of Cola over the terminals to bubble away the corrosion.
- To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- To bake a moist ham: Empty a can of Coke into the baking pan, wrap the ham in foil and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.
- To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. Coca-Cola will help loosen grease stains.
- It will also clean road haze from your windshield.
- FYI...The active ingredient in Coke is phosphoric acid. Its pH is 2.8.
- This will dissolve a nail in about 4 days.
- To carry Coca-Cola syrup (*the concentrate*) the commercial truck must use hazardous material placards reserved for highly corrosive materials.
- The distributors of coke have been using it to clean the engines of their trucks for about 20 years.
- Think diet sodas are 'better' for you?...think again. Aspartame, the artificial sweetener used in over 100 'diet' products, is a known carcinogen and attacks the neurological system. When exposed for a period of time to 86°F, aspartame gives off formaldehyde as a by-product...when was the last time your soda was transported or stored at 86°F?

So what will it be? Water or Soda?

from April Ortiz



FACT SHEET:

Soda Consumption Puts Children at Risk For Obesity, Diabetes, Osteoporosis, and Cavities



One 20 oz soda = 17 teaspoons of sugar and 250 calories

**“Decreasing soda and sweetened beverage consumption is one of
THE MOST promising strategies for preventing obesity.”**

(U.C. Berkeley Center for Weight and Health, 2003)

HUGE CONSUMPTION OF SODA

Our Children Drink a LOT of Soda. Soft drink consumption has more than doubled since 1971. The average teenage boy drinks two 12 oz sodas per day or more than 700 cans per year. The average teenage girl drinks 1.4 twelve oz sodas per day or more than 500 cans per year. *(CSPI, Liquid Candy, 2005 – based on 1999-2002 National Health and Nutrition Examination Survey)*

Lots of Soda Means LOTS of Sugar. Soft drinks comprise the leading source of added sugar in the American diet, providing the average teenage boy with the total recommended allowance for sugars from all sources for the entire day. *(CSPI)*

NEGATIVE IMPACT ON HEALTH

More Sodas Lead to Childhood Obesity. Every additional daily serving of sugar-sweetened soda increases a child's risk for obesity by 60%. Regardless of demographics and lifestyle, soda consumption is an independent risk factor for childhood obesity. *(The Lancet, Feb 2001)*

More Sodas Lead to More Diabetes. Research indicates a strong positive relationship between consumption of sugar sweetened beverages (i.e. regular sodas and fruit punches) and diabetes risk. Increasing one's consumption of sugary soft drinks significantly increase the risk for both weight gain and type 2 diabetes. *(Journal of the American Medical Association, Aug 25 2004)*

More Sodas Mean Less Calcium and More Osteoporosis. Decreased milk consumption means that children are no longer getting required amounts of calcium in their diets. Since 1977, energy intake from milk has dropped by 38 percent. This is the same period of time during which soda consumption has skyrocketed. *(American Journal of Preventive Medicine, October 2004)*

More Sodas Lead to More Cavities. Regular consumption of soft drinks promotes tooth decay because sodas bathe the teeth with sugar water for long periods of time. *(Journal of the American Dental Association, 1984:109-241-5)*

Fact Sheet

Soft Drink* Consumption and Nutritional Value

Nutrition:

- **Soda has no nutritional value. It provides unnecessary calories, sugar and caffeine.**
- Every day, adolescents get 11% of their calories or **15 teaspoons of sugar** from soft drinks.
- Sports drinks are useful for people who do **an hour or more** of physical activity. According to the Public Health Institute of California "children receive no extra benefit in consuming these drinks unless they are extremely active." Water provides adequate rehydration for student athletes and others.
- Soda drinking increases the odds of obesity more than other foods. Why? Because the energy consumed as liquid often isn't compensated for by eating less food.

Soft Drink* Consumption and Children

Consumption:

- Per capita soft drink consumption has increased almost 500% over the past five years.
- 56% of 8 year olds consume soft drinks daily.
- One third of teenage boys drink at least three cans of soda a day.
- The number one beverage of children for breakfast? SODA!
- **Today boys and girls consume twice as much soda pop as milk.**
- In the 1950s a typical bottle of soda was 6.5 ounces (88 calories), then it became 12 oz (160 calories); now it is 20 ounces (266 calories) and even 64 ounces!
- For each additional serving of sugar sweetened drink consumed daily, body mass index (a measure of body fat based on height and weight) and frequency of overweight increased by 60%.
- Soda promotes tooth decay by bathing the teeth with cavity-producing liquid; dental cavities are the single most chronic childhood disease.

*Soft Drinks include soda, fruit flavored and part-juice drinks and sports drinks.

Source: North Carolina School Nutrition Action Committee's paper on "Soft Drinks and School-Age Children: Trends, Effects, Solutions" Sept. 2001, and The Center for Science in the Public Interest, <http://www.cspinet.org>