

## *Diet Soda*

To Drink? Or Not to Drink?



That is the Question!



Diet Soda is **marketed** to offer everything its regular sugar sweetened' soda counterpart can't.



**Drink me!** You won't **gain weight!**  
**Drink me!** No pesky side effects from sugar!  
**Drink me!** It's "**healthier**" than regular soda!

Can you really get the sugary sweet taste with **NO calories** and **ZERO side effects?**



*Is it too good to be true?!*

**Confused? You're Not the Only One!!!!**

**The American Diabetes & Heart Associations** say it is OK to drink diet soda and artificially sweetened drinks in moderation but **choose water first.**

**The FDA** says the **products are GRAS** (generally recognized as safe) because "only rats" have developed **cancers, tumors, immune dysfunction**, etc. **from the consumption of aspartame.** Since more human studies are needed, in the meantime, it is safe for you to drink.

**The National Institute of Health** says "**not so fast!**" Diet soda and artificially sweetened drinks can lead to depression, vascular disease, weight gain, bowel disruption, etc. **Drink with caution.**

**Online there are hundreds of websites and articles about diet sodas and artificial sweeteners.** Some say avoid all soda and artificial sweeteners; others say it is safe to drink as much as you want. But what is the *real deal?*

**Ultimately it is up to us, the consumer, to decide what is good or bad for our health** and what we *will* or *will not* consume. However, diet soda is not the "healthy" alternative it is **marketed** to be. Before you purchase, research and explore the wealth of information available on the topic and then **decide what is right for you!**

**Check out the facts about DIET soda so you can.... Know before you drink.**

**Diet soda** is linked to:



### Heart Conditions and Poor Brain Health

- ⊗ **The soda container may pose problems.** Cans are lined with a substance called bisphenol A (BPA). Several studies have found that people with higher levels of BPA in their body are more likely to have high blood pressure and heart trouble.
- ⊗ **The water used in soda** is simple tap water. It contains chemicals like chlorine, fluoride and traces of heavy metals (carcinogens).
- ⊗ **Increase risk of dementia and stroke.** A study published in the American Heart Association journal **Stroke**, found **one daily diet soda puts a person at three times the risk of dementia and stroke** compared to someone who drinks less than one a week or none at all. Purdue University found in 2013 diet soda doesn't actually help with weight loss and as a result can lead to stroke due to obesity.



### Weight Gain and Poor Nutrient Absorption

- ⊗ **Metabolic syndrome** - Studies have found that **sugar-free sodas are at least as likely as sugary sodas to be linked to the development of metabolic syndrome**—a condition that often precedes or accompanies diabetes. Metabolic syndrome is a cluster of conditions that includes high blood pressure, excess belly fat, high triglycerides, low levels of "good" HDL cholesterol, or high fasting blood sugar.
- ⊗ **“Hamburger, large fries, and a diet soda please” Syndrome.** Consuming artificial sweeteners and no calorie drinks can lead to eating more food and calories due to feeling “ok” with larger portions because of the calories ‘saved’ by having a diet drink.
- ⊗ **Type 2 diabetes due to metabolic syndrome**, artificial sweeteners can cause sugar cravings and lead to an over indulgence in refined carbohydrates and sugar.
- ⊗ **Artificial sweeteners can change healthy bacteria in the gut.** October 2014 - scientific journal **Nature**. Mice were given artificial sweeteners—saccharine, sucralose, and aspartame and the bacteria in their intestines changed in a way that lead to more calories being absorbed and higher blood sugars. Seven healthy human volunteers who did not normally consume artificial sweeteners were started on a diet that included sweeteners. **Within one week, four of the seven developed**

**changes in their gut bacteria and increased blood sugar**, putting them at an increased risk for obesity, type 2 diabetes and high blood pressure.

- ⊗ **Artificial sweeteners affect the body's ability to gauge the amount of calories consumed.** The brain responds to sweetness by preparing the body to eat. By providing a sweet taste without any calories, artificial sweeteners lead to increased **cravings for more sweet foods and drink.**
- ⊗ **Chronic Inflammation** – due to the **chemical** composition of soda
- ⊗ **High blood pressure** –due to caffeine, weight gain, high blood sugar
- ⊗ **Addiction** to artificial sweeteners found in soda and other products
- ⊗ **There is absolutely no nutritional value in diet OR regular soda.** Diet soda is a highly processed toxic product. Manipulation of the taste buds caused by excessively sweet, non-nutritive sweeteners, can lead to malnutrition in diet/soda drinkers due to increased cravings for junk foods, refined carbohydrates and sweets.



### **Dyes, Acid and Aspartame...Oh My!**

- ⊗ **Contains Aspartame.** This is one of the **most controversial ingredients on the market** today. The FDA, American Cancer Society and other main stream organizations say that aspartame is completely safe and there is no evidence of cancer and neurotoxicity in humans. Newer thoughts of study, along with Integrative, Functional and Metabolic Medicine, Holistic Nutrition and so on have stated the use of aspartame is detrimental to one's health and should be avoided. The claim is aspartame is **linked to cancer, neurotoxicity, migraines, weight gain, cancer, seizures, depression, ADHD, dizziness, Alzheimer's, stroke etc.**
- ⊗ **Can cause DNA damage due to sodium benzoate-** a common preservative in soda, has the ability to switch off vital parts of DNA. This could eventually lead to cirrhosis of the liver and Parkinson's Disease. When exposed to heat and light, products that contain both potassium benzoate and ascorbic acid (vitamin C) produce benzene. Benzene is a known carcinogen and causes cancer in humans. **Sodium benzoate is also used to make the whistling sound in fireworks.**
- ⊗ **Diet soda contains a PH of less than 7 and is considered acidic.**  
Diet Mountain Dew **pH 3.3**, Diet Coke and Pepsi **pH 2.5** and **battery acid pH 1**. Acidity dissolves tooth enamel (pH 4.3 and below) and leads to obesity, fatigue, joint & muscle pains, bad skin, reflux, bad digestion, pre mature aging, inflammation, heart disease, cancer & so on.
- ⊗ **Contains red, yellow, caramel dyes, etc.** Known carcinogens, hormone and mood disruptors, depresses immune system.
- ⊗ **Coca-Cola company** –spends millions of dollars against GMO labeling, keeping consumers in the dark about what is in their food / drink products

**Ready to say “Good Bye” to diet drinks and “Hello” to great health?**

**Check out the fresh ideas below!**

## Try something *new and fun* if a diet/soda craving hits!



### Very refreshing!

Naturally flavored water infused with crisp cucumbers and delicious mint! Hydrating and satisfying!



### Want a sweet drink?

Add zest to filtered water with a fresh and colorful **blend of fruits**. Delicious, healthy and filled with anti-oxidants!



### Gotta have ice?

Try freezing **cubes of watermelon** and pop them into a glass of water. **Frozen lemons** are great to have on hand for a tasty way to add **health benefits** to your daily drink!

## Choose Health!

### “Health You, Healthy Us ” CFH Wellness Program



Thank you!

#### Resources:

<http://www.health.harvard.edu/staying-healthy/new-concerns-about-diet-sodas>  
<https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/artificial-sweeteners/>  
<http://stroke.ahajournals.org/content/early/2017/04/20/STROKEAHA.116.016027>  
<http://news.heart.org/diet-soda-and-dementia-risk-study/>  
<https://www.isitbadforyou.com/questions/is-potassium-benzoate-bad-for-you>  
<http://www.livestrong.com/article/538852-does-diet-soda-increase-blood-pressure/>  
<https://www.davidwolfe.com/4-signs-body-acidic-fix-it/>  
<http://weeksmid.com/2015/04/pepsi-stops-giving-us-aspartame/>  
<http://articles.mercola.com/sites/articles/archive/2008/01/12/what-happens-to-your-body-within-an-hour-of-drinking-a-coke.aspx>  
<http://www.health.harvard.edu/blog/artificial-sweeteners-sugar-free-but-at-what-cost-201207165030>  
<http://www.diabeteswellbeing.com/diet-coke-diabetes/>  
<http://stroke.ahajournals.org/content/early/2017/04/20/STROKEAHA.116.016027>  
[http://www.huffingtonpost.com/ocean-robbins/big-trouble-for-cocacola\\_b\\_4313979.html](http://www.huffingtonpost.com/ocean-robbins/big-trouble-for-cocacola_b_4313979.html)

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