

Title:

Don't Drink Your Calories!

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1451

Summary:

If you drink soda pop, especially the caffeinated kind, it could kill you. But most especially

Keywords:

calories in liquids, fluids calories, drinking diets, dietary guidelines, guidelines for drink

Article Body:

If you drink soda pop, especially the caffeinated kind, it could kill you. But most especially

After reading this sort of information, I drank half my caffeinated soda and poured the other

It may well be that soda pop, alcohol and other such empty calorie consumption is a problem for

Also, always downing that two-liter of soda pop increases the risk of osteoporosis in both men

Some of your desire for pop puts you at a risk for kidney stones and a slightly higher risk of

Caffeine, on the same hand, has been proven to be a highly addictive drug. If you drink a cup

Soft drinks are one of the most heavily promoted items in all of human history. You can find t

US companies spend \$700 million or more per year on media advertising for soda pop per year, a

Nonetheless, the Center for Science in the Public Interest makes these recommendations: that g

Until this month of September, 2005, there was no hard and clear evidence through science that

Obesity experts at Harvard found this to be highly important and spent 19 months following the

Soda pop also has been shown to make you thirstier, and that does lead to the further drinking

Is it worth it, to worship a can of a kid's drink that was invented as a snake oil remedy in a

Perhaps someday, we should follow suit on caffeine and alcohol. But until that day ever comes,

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