

Do you really know much sugar is in the sodas we drink??

Who drinks soda? What do you drink – Coke? Dr Pepper? Sprite? Orange soda?

Well I have something very surprising to tell you. You may not know how much sugar is actually in a soda. It does not matter if it is Coke, Dr Pepper, Sprite, 7up, Orange soda, Grape soda or Red soda. It does not matter if it is clear like Sprite or dark like Coke They are all basically the same.

Soda is made with carbonated water, sugar, and then some flavors and colors. That's it! Its just sugar water!

The only real difference between the sodas is that some of them contain caffeine.

Guess how many sugar cubes are in a 2 liter bottle.....it's 54!

Guess how many calories are in a 2 liter bottle.....it's 800!

Guess how many sugar cubes are in a 20 ounce bottle.....it's 17!

Guess how many calories are in a 20 ounce bottle.....it's 250!

Sodas provide all that sugar and all those calories but virtually no nutrients whatsoever!! We call this “empty calorie”. Lots of calories but not any nutrients.

All this sugar contributes to cavities and provides the extra calories that lead to weight gain and obesity.

So cut down on the soda this year or switch to diet sodas and I know you'll notice the difference and feel better about yourself.

The best thing you can do is **Drink More Water!**

Kevin White, R.D.