

# Humor

Literature



**ASSIGN  
BUSTER**

Water has been the most wanted drink among the humans as it is necessary for a person to survive but unfortunately other drinks have also come up that try to take place of water. This is impossible for sure but people get addicted to these drinks not knowing how harmful they are for their health. The drinks under discussion are Pepsi, Coke and Sprite. These are carbonated drinks also known as fizzy drinks that contain huge amount of high fructose corn sugar, which is a replacement of corn syrup or cane sugar and is harmful for health. For people following a diet plan these drinks are also available as Diet Pepsi, Diet Coke and Diet Sprite.

People are quite happy to drink these diet versions of the original drinks and think that these do not contain carbohydrates and fats. Well unfortunately as I have no other option I would like to give these people a surprise by stating the fact according to a survey these fizzy drinks in any form are the biggest factor of obesity in humans.

Lets look at Diet Pepsi a different attractive packaging simpler but yet eye catching, the name depicts that it is the best drink for people that are dieting or diabetic patients. People feel proud and happy to drink three bottles of Diet Pepsi a day thinking no fats and carbohydrates but in reality they just had three drinks that increased their weight. To be straight soft drink is a noun that doesn't suit these drinks. It should be Weight gaining drinks and these drinks should be used by people who work out as a mass-gaining supplement. Another aspect is of making drug abuse legal among people because the amount of caffeine that these drinks supply to a human body is sufficient to avoid drug abuse. Though Diet Pepsi is very popular among people according to the polls and surveys but the confusing part is that people are also aware of the harmful effects of this drink.

Diet Coke is another of these mass-gaining drinks that can help any slim person in gaining weight in no time. Though the popularity of this drink is much more than Diet Pepsi and Diet Sprite but the harm it provides to the human body is no less. Diet Pepsi and Diet Coke can only be separated from each other by their tastes that are slightly different. Diet Coke also contains the same amount of Caffeine and helps people get Obese. The main problem that these drinks cause is obesity that is only because obesity can be seen physically but in fact these drinks not only harm human bones but also hinder the sleep process of a human causing disastrous effects on the mind. Recent studies also show that these drinks contain elements that can cause cancer hence people who want to suicide have better and less painful options now. These drinks have an effect similar to that of slow poisoning and cause addiction as well hence it is also advisable not only to avoid them but also keep your children away from them.

Diet Sprite that is the least preferable among the three drinks according to the poll and survey results is a white drink and slightly less harmless than the above two but it is still harmful for a person to drink it. Diet Sprite is a brand of the same company that manufactures Diet Coke but this version is made for people who follow a dieting plan. The best part of all these drinks is that the more harmful they get the more attractive the cans of these drink get for example Diet Coke was the most famous drinks among these three and people find the cans of Diet Pepsi to be the most attractive ones. This proves that sales of poison can increase if packaged in a better way.

So after a long discussion of evaluating soft drinks we conclude that in fact these are not soft drinks but fattening drinks that can cause damage to bones including teeth especially to children, can cause diabetes and can lead

<https://assignbuster.com/humor-essay-samples/>

to cancer. We can also name as poisons that are eating up our society slowly. The most liked drink among these three is Diet Coke according to the polls and surveys that were conducted but in reality none of them is even close to a drink and should be banned from sale.

#### REFERENCES

Philip Ashurst. Carbonated Soft Drinks: Formulation and Manufacture.

Blackwell Publishing Limited; 1 edition (August 1, 2006).

John Barlow. Intoxicated: A Novel of Money, Madness, and the Invention of the Worlds Favorite Soft Drink. William Morrow (February 7, 2006).

Pat Caplan. Food, Health and Identity. Routledge; 1 edition (September 10, 1997).

A. J. Mitchell. Formulation and Production Carbonated Soft Drinks. Springer; 1 edition (November 15, 1990).

Thomas R. Rybolt. Soda Pop Science Projects: Experiments With Carbonated Soft Drinks. Enslow Publishers (January 2004).