

# [Soft of the more popular brands of soft](https://assignbuster.com/soft-of-the-more-popular-brands-of-soft/)

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Soft drinks are some of the most widely consumed drinks in theworld today. Some of the more popular brands of soft drinks include Coca-Colaand Pepsi. There is nothing wrong with popping open a can of soda every onceand a while and enjoying it, but there are some very harmful effects that softdrinks can have on the human body when they are over consumed.

Some of theseharmful effects include diabetes, obesity, and osteoporosis. Soft drinks arealso terrible for a person’s teeth. There are many harmful effects of soft drink consumption on thehuman body. It can lead to many different long-term diseases and it can causemany immediate problems to a person’s body. One of those long-term problems istype 2 diabetes.

“ High levels of sugar in soda places a lot of stress on yourpancreas, potentially leaving it unable to keep up with the body’s need forinsulin. Drinking one or two sugary drinks per day increases your riskfor type 2 diabetes by 25%” (McFarland).  Soft drinks have a high glycemic index. “ High-glycemic-indexdiets may directly increase insulin resistance” (MacGill). All of thesugar the soft drinks contain can have some pretty harmful effects on the humanbody.

Another harmful effect of soft drinks on the human body is obesity. Soft drinks are full of calories, but the human body does not get full ofdrinking calories. When a person drinks a soft drink they still feel like theyare hungry even though they just consumed a large number of calories. “ Drinkingsoda, juice, sports drinks and other sugar-sweetened liquids does nothing foryour hunger, even if you consume hundreds of calories” (Sweet Drinks andObesity). Soft drinks also contain high fructose corn syrup which can lead toweight gain. “ When looking at obesity in the United States alongside fructoseand soft drink consumption, they are on a parallel line” (Sweet Drinks andObesity).

This just goes to show that soft drink consumption and obesity arerelated. Soft drinks are also linked to osteoporosis. Soft drinks are fullof phosphoric acid. “ The increased consumption of phosphoric acid from coladrinks may lower the body’s calcium-phosphorus ratio.

This means that lesscalcium is available for bone mineralization than phosphorus” (Soft Drinks andOsteoporosis). Phosphoric acid is also very acidic. “ Some experts have arguedthat phosphoric acid may acidify the blood enough for the body to neutralize itby stripping calcium from the bones” (Soft Drinks and Osteoporosis). Both of theeffects that phosphoric acid from soft drinks has on the human body can causeosteoporosis.

A person’s teeth are largely affected by drinking soft drinks. Soft drinks can have both long and short-term effects on teeth. The sugar insoda immediately combines with the bacteria in a person’s mouth and startsweakening the enamel on a person’s teeth.

Over time this causes plaque to formaround the person’s teeth. This eventually leads to cavities. Soft drinks increasedental erosion as well. “ Soda also lowers the pH of the saliva, boostingbacterial proliferation and dental erosion” (Ericson). The erosion of enamelon a people’s teeth is what leads to cavities. “ Regular loss of enamel can leadto cavities and exposure of the inner layers of the tooth that may becomesensitive and painful” (Tooth Decay). Soft drinks are very bad for your teethand they can do a lot of damage to them. There are a lot of harmful effects that come with drinking a softdrink.

Some of these effects include diabetes, obesity, and osteoporosis. Softdrinks probably affect a person’s teeth the most though. I would definitely notrecommend drinking a lot of soft drinks. If a person is going to drink themthey need to do so in moderation. Soft drinks are not very health drinks andthey do more damage to a person’s body than one may think. WorksCitedEricson, John.

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