

# Soft of the more popular brands of soft

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

Some of these harmful effects include diabetes, obesity, and osteoporosis. Soft drinks are also terrible for a person's teeth. There are many harmful effects of soft drink consumption on the human body. It can lead to many different long-term diseases and it can cause many immediate problems to a person's body. One of those long-term problems is type 2 diabetes.

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

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 of drinking calories. When a person drinks a soft drink they still feel like they are hungry even though they just consumed a large number of calories. “ Drinking soda, juice, sports drinks and other sugar-sweetened liquids does nothing for your hunger, even if you consume hundreds of calories” (Sweet Drinks and Obesity). Soft drinks also contain high fructose corn syrup which can lead

to weight gain. “ When looking at obesity in the United States alongside fructose and soft drink consumption, they are on a parallel line” (Sweet Drinks and Obesity).

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

This means that less calcium is available for bone mineralization than phosphorus” (Soft Drinks and Osteoporosis). Phosphoric acid is also very acidic. “ Some experts have argued that phosphoric acid may acidify the blood enough for the body to neutralize it by stripping calcium from the bones” (Soft Drinks and Osteoporosis). Both of the effects that phosphoric acid from soft drinks has on the human body can cause osteoporosis.

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 in soda immediately combines with the bacteria in a person’s mouth and starts weakening the enamel on a person’s teeth.

Over time this causes plaque to form around the person’s teeth. This eventually leads to cavities. Soft drinks increase dental erosion as well. “ Soda also lowers the pH of the saliva, boosting bacterial proliferation and dental erosion” (Ericson). The erosion of enamel on a people’s teeth is what leads to cavities. “ Regular loss of enamel can lead to cavities and exposure of the inner layers of the tooth that may become sensitive and

painful” (Tooth Decay). Soft drinks are very bad for your teeth and they can do a lot of damage to them. There are a lot of harmful effects that come with drinking a soft drink.

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

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