본문 1 – What Is SODA Doing to You?

_____ you eat fast food, _____ ____ pizza, hamburger, or fried chicken, _____ do you drink _____ it? _____ people _____ a soda. _____ you go to the movies ____ _____ you just want s_____ r_____ ____ s_____ your t_____, a soda is often the _____ c_____.

Soda, _____ c_____ a s_____ d_____, ___ a sweet drink _____ c_____. People all over the world love sodas. _____ _____, Americans c_____ 170 liters of soda _____ _____, and the British 100 liters. ____ ____ _____ g_____, teenagers drink _____ _____ soda. _____ people, _____, understand _____ sodas are not good _____ their health _____ ____ _____ i_____. _____ ___ ___ a soda? _____ _____ _____ really not good _____ you?

50 blanks

탄산음료는 당신에게 어떠한 영향을 미치고 있는가?

당신이 피자, 햄버거 또는 후라이드 치킨과 같은 패스트푸드를 먹을 때, 당신은 그것과 함께 무엇을 마시는가? 대부분의 사람들은 탄산음료를 마신다. 당신이 영화를 보러 갈 때나 그저 갈증을 해소하기 위해 상쾌한 뭔가를 원할 때, 탄산음료는 종종 그 첫 번째 선택이다.

청량 음료라고도 불리는 탄산음료는 탄산이 포함된 달콤한 음료이다. 전 세계 사람들이 탄산음료를 사랑한다. 매년 미국인들은 1인당 170리터의 탄산음료를 소비하고, 영국인들은 100리터의 탄산음료를 소비한다. 모든 연령층 중에서는 십대들이 탄산음료를 가장 많이 마신다. 그러나 대부분의 사람은 탄산음료의 성분 때문에 탄산음료가 자신들의 건강에 좋지 않다는 것을 알고 있다. 탄산음료 안에는 무엇이 들어 있을까? 어떤 성분이 실제로 당신에게 좋지 않을까?

본문 2 - Sugar

Everyone _____ _____ soft drinks _____ l_____ _____ _____ a_____ ___ sugar. A t_____ 250ml can of soda c_____ 30 grams of sugar. WHO, the World Health Organization, r_____ _____ _____ c_____ _____ _____ 25 grams of Sugar __ _____. _____, __ you drink one small can of soda, your _____ _____ i_____ _____ e_____ the r_____ amount. _____ ___ _____, people _____ don't stop _____ one can. H_____ _____ sugar m_____ _____ u_____ calories. _____ _____, this _____ _____ ___ o_____ and _____ h_____ p_____, _____ ___ heart disease and d_____.

설탕

탄산음료에 많은 양의 설탕이 들어 있다는 것은 누구나 다 알고 있다. 전형적인 250ml짜리 캔의 탄산음료에는 30그램의 설탕이 들어 있다. WHO, 즉 세계보건기구는 사람들이 하루 25그램보다 적은 양의 설탕을 섭취할 것을 권장한다. 그러므로 만약 당신이 작은 캔으로 탄산음료를 한 캔 마신다면, 당신의 하루 설탕 섭취량은 이미 권장량을 초과한 것이다. 더욱 나쁜 것은, 사람들이 보통 한 캔으로 멈추지 않는다는 것이다. 여분의 설탕을 섭취한다는 것은 불필요한 칼로리를 추가하는 것을 의미한다. 시간이 지나면서, 이것은 비만이나 심장병, 당뇨병과 같은 다른 건강상의 문제들로 이어질 수 있다.

_____ diet sodas _____ _____ s_____. Diet sodas _____ the sugar _____ a_____ s_____. Artificial sweeteners p_____ a sweet, _____ _____ _____ _____ calories. This _____ _____ _____ a good thing, but __ _____ _____. _____ ____ a r_____ study, artificial sweeteners _____ _____ _____ _____ sweet foods. _____ _____ _____ you may e_____ _____ _____ __ you _____ d_____ diet soda. ___ a_____, artificial sweeteners _____ _____ ___ g_____ headaches, e_____ d_____, and s_____ p_____.

93 blanks

다이어트 탄산음료도 안전하지는 않다. 다이어트 탄산음료는 설탕을 인공감미료로 대체한 것이다. 인공감미료는 더 작은 칼로리로 달콤한 설탕 맛을 낸다. 이것은 좋은 것처럼 보이지만 실제로는 그렇지 않다. 최근 연구에 따르면, 인공감미료는 당신이 단 음식을 더 원하도록 만든다. 이는 당신이 다이어트 탄산음료를 계속 마신다면 쉽게 체중이 증가할 수도 있다는 것을 의미한다. 게다가, 인공감미료는 두통, 정서 장애 그리고 수면 문제를 유발한다고 알려져 있다.

본문 3

Acid

Most soda c_____ _____ _____ ____ acids. Acid is a c_____ s_____ _____ a sour taste. _____ _____ ____ water, it p_____ a s_____ f_____. Acid also d_____ the g_____ ____ b_____, _____ e_____ the e_____ _____ of the product. _____, acid i_____ _____ the body's a_____ ____ a_____ c_____, and ____ __ _____, _____ s_____ o_____. Also, the acid in sodas i_____ _____ _____ a____, s_____ d_____ and b_____ n_____ a_____. _____, it can damage tooth enamel, the hard s_____ _____ p_____ your teeth. __ you drink sodas r_____, your teeth d_____ _____ e_____.

52 blanks

산

대부분의 탄산음료에는 몇 가지 종류의 산이 들어있다. 산은 신맛이 나는 화학물질이다. 물에 첨가되면 톡 쏘는 듯한 맛이 생긴다. 산은 또한 박테리아의 성장을 지연시켜 제품의 유통기한을 연장시킨다. 그러나 산은 칼슘을 흡수하는 신체 능력을 방해하고, 그 결과 뼈의 연화가 일어난다. 또한, 탄산음료에 든 산은 위산과 상호작용하여 소화를 느리게 하고 영양소의 흡수를 막는다. 더욱이, 산은 치아를 보호하는 딱딱한 물질인 치아 에나멜을 손상시킬 수 있다. 만약 탄산음료를 규칙적으로 마신다면, 당신의 치아는 더욱 쉽게 썩는다.

본문 4

Caffeine

_____ you hear the word "caffeine," you _____ _____ _____ ___ coffee. But some sodas, _____ colas and c_____ energy drinks, _____ c_____ caffeine. Caffeine _____ _____ _____ _____ a_____, but it _____ b_____ _____ ____ i_____ h_____. A _____ can of cola _____ _____ a_____ you _____, but __ you c_____ colas regularly, they _____ _____ _____ _____ more n_____ and _____ you _____ s_____ _____ at night.

카페인

'카페인'이라는 단어를 들으면, 아마도 대부분은 커피를 생각할 것이다. 그러나 몇몇 탄산음료, 특히 콜라나 탄산 에너지 음료들 또한 카페인을 함유하고 있다. 카페인은 당신이 좀 더 깨어 있는 느낌을 갖게 하지만, 불규칙한 심장박동을 야기할 수도 있다. 단 한 캔의 콜라는 그다지 큰 영향을 미치지 않겠지만, 만약 콜라를 규칙적으로 마신다면 그것은 당신이 더욱 긴장감을 느끼게 만들고 밤에 잠을 잘 이루지 못하게 할 수 있다.

Artificial Colors and Artificial Flavors

Soft drink companies a_____ c_____ _____ _____ _____ colors and sweet flavors ____ their products. _____ ____ these colors and flavors, _____, _____ _____ n_____. They are a_____ chemicals. _____ _____, the artificial color Yellow No. 6, _____ ___ some pineapple juices, _____ _____ ____ _____ t_____. It ___ just _____ _____ the drink _____ pretty. _____, the artificial flavor _____ _____ the drink _____ pineapple taste ___ _____ real pineapple juice ____ ____. Studies _____ s_____ _____ e_____ c_____ ____ these kinds of chemicals _____ c_____ p_____ _____ _____ k_____ disease and ADHD.

*ADHD 주의력결핍 과잉행동장애

83 blanks

인공 색소와 인공 향료

탄산음료 회사들은 자사의 제품에 밝은 색소와 단맛을 첨가하여 소비자를 유혹한다. 그러나 대부분의 이러한 색소와 맛은 자연적인 것이 아니다. 그것들은 인공적인 화학물질이다. 예를 들어, 몇몇 파인애플 주스에 사용되는 황색 6호 인공 색소는 맛에 아무런 영향을 미치지 않는다. 그것은 그저 음료가 예쁘게 보이도록 첨가된 것이다. 또한, 음료에 파인애플 맛이 나게 하는 인공 향료는 진짜 파인애플즙이 전혀 아니다. 연구에 따르면 이런 종류의 화학물질을 과도하게 섭취하는 경우 신장 질환과 주의력 결핍장애(ADHD) 같은 문제가 발생할 수 있는 것으로 나타났다.

본문 5

You can see _____ the sugar, the acid, the caffeine, and the artificial chemicals in sodas _____ _____ _____ _____ _____ you. _____ you _____ _____ u_____ _____ you _____ _____ _____ _____. _____, __ q_____ sodas a_____ s_____ _____ d_____, _____ _____ g_____. _____ _____, r_____ one regular soft drink ____ one diet soda per day _____ _____ _____ _____ drink. ____ _____, the best choice _____ ____ water. Water _____ no calories, no acid, no caffeine, and no chemicals ____ _____ _____. And __ you want _____ ____ _____ a b_____ ____ f_____, _____ a s_____ of lemon in the water. __ you _____ b_____ your soda drinking h_____ ___ a short p_____ of time, _____ ____ _____ _____ ____ _____. _____ you _____ c_____ b_____, you _____ h_____ ___ the _____ d_____.

71 blanks

이제 탄산음료에 든 설탕, 산, 카페인, 그리고 인공 화학물질이 실제로 당신의 몸에 얼마나 좋지 않은지 알 수 있다. 아마도 이제 당신은 탄산음료를 그만 마셔야 한다는 것을 알게 됐을 것이다. 그러나 탄산음료를 완전히 끊는 것이 너무 힘들 것 같으면, 점진적으로 줄여라. 예를 들어, 하루 한 잔의 탄산음료나 한 잔의 다이어트 탄산음료를 다른 좀 더 건강한 음료로 대체하라. 물론, 가장 좋은 선택은 물일 것이다. 물에는 칼로리, 산, 카페인 그리고 어떤 종류의 화학물질도 들어 있지 않다. 그리고 향을 돋우기 위해 뭔가를 첨가하고자 한다면, 물에 레몬 한 조각을 넣어라. 단기간에 탄산음료 마시는 습관을 고칠 수 없다 해도, 너무 자책하지는 마라. 일단 줄이기 시작했으면, 당신은 옳은 길로 가고 있는 것이다.

More Info.

_____ _____ water _____ the human body c_____?

The _____ human body ___ _____ 50 and 65 percent water. Adult men ____ _____ a_____ _____ a _____ p_____ ___ _____ _____ _____ adult women—_____ 60 percent—_____ men _____ _____ body fat (___ _____, body fat c_____ 10 percent water, and bone has 22 percent water.) _____ a n_____ day, we lose 5~10% of our body's water, so we _____ ___ r_____ _____ a_____.

31 blanks

인간의 몸에는 얼마나 많은 양의 물이 있을까?

평균적인 인간의 몸은 50~65% 정도가 물이다. 일반적으로 성인 남성은 성인 여성보다 체수분이 대략 60% 정도 더 높은데, 이는 남성이 여성보다 체지방이 더 적기 때문이다 (실제로, 체지방은 10%가 물이고 뼈는 22%가 물이다). 우리는 보통 하루에 몸에서 5~10%의 물이 빠져나간다. 그래서 우리는 그 빠져 나간 만큼의 물을 대신 채워야 한다.

순서

When you eat fast food, such as pizza, hamburger, or fried chicken, what do you drink with it?

- ☐ Every year, Americans consume 170 liters of soda per person, and the British 100 liters. Of all age groups, teenagers drink the most soda.
- ☐ Most people have a soda. When you go to the movies or when you just want something refreshing to satisfy your thirst, a soda is often the first choice.
- ☐ Most people, however, understand that sodas are not good for their health due to the ingredients.
- ☐ Soda, also called a soft drink, is a sweet drink with carbonation. People all over the world love sodas.
- ☐ What is in a soda? Which ingredients are really not good for you?

Sugar

Everyone knows that soft drinks are loaded with large amounts of sugar.

- ☐ A typical 250ml can of soda contains 30 grams of sugar.
- ☐ WHO, the World Health Organization, recommends that people consume less than 25 grams of sugar a day.
- ☐ Therefore, if you drink one small can of soda, your daily sugar intake already exceeds the recommended amount.
- ☐ What is worse, people usually don't stop with one can. Having extra sugar means adding unnecessary calories.
- ☐ Over time, this can lead to obesity and other health problems, such as heart disease and diabetes.
- ☐ Even diet sodas are not safe. Diet sodas replace the sugar with artificial sweeteners.
- ☐ Artificial sweeteners provide a sweet, sugary taste with fewer calories.
- ☐ This may seem like a good thing, but it really isn't.
- ☐ According to a recent study, artificial sweeteners make you want more sweet foods.
- ☐ This means that you may easily gain weight if you keep drinking diet soda.
- ☐ In addition, artificial sweeteners are known to generate headaches, emotional disorders, and sleeping problems.

Acid

Most soda contains several types of acids.

- ☐ Acid also delays the growth of bacteria, which extends the expiration date of the product.
- ☐ Acid is a chemical substance with a sour taste.
- ☐ Also, the acid in sodas interacts with stomach acid, slowing digestion and blocking nutrient absorption.
- ☐ Furthermore, it can damage tooth enamel, the hard substance that protects your teeth.
- ☐ However, acid interferes with the body's ability to absorb calcium, and as a result, bone softening occurs.
- ☐ If you drink sodas regularly, your teeth decay more easily.
- ☐ When added to water, it produces a sharp flavor.

Caffeine

When you hear the word “caffeine,” you most likely think of coffee.

- ☐ A single can of cola may not affect you much, but if you consume colas regularly, they can make you feel more nervous and keep you from sleeping well at night.
- ☐ But some sodas, especially colas and carbonated energy drinks, also contain caffeine.
- ☐ Caffeine makes you feel more awake, but it may bring about an irregular heartbeat.

Artificial Colors and Artificial Flavors
Soft drink companies attract consumers by adding bright colors and sweet flavors to their products.

- ☐ Also, the artificial flavor that gives the drink its pineapple taste is not real pineapple juice at all.
- ☐ For example, the artificial color Yellow No.6, used in some pineapple juices, adds nothing to the taste.
- ☐ It is just there to make the drink look pretty.
- ☐ Most of these colors and flavors, however, are not natural.
- ☐ Studies have shown that excessive consumption of these kinds of chemicals can create problems such as kidney disease and ADHD.
- ☐ They are artificial chemicals.

You can see how the sugar, the acid, the caffeine, and the artificial chemicals in sodas are really not good for you.

- ☐ And if you want something to add a boost of flavor, put a slice of lemon in the water.
- ☐ For example, replace one regular soft drink or one diet soda per day with another more healthy drink.
- ☐ However, if quitting sodas altogether sounds too difficult, cut down gradually.
- ☐ If you can't break your soda drinking habits in a short period of time, don't be too hard on yourself. Once you start cutting back, you are heading in the right direction.
- ☐ Of course, the best choice would be water. Water has no calories, no acid, no caffeine, and no chemicals of any kind.
- ☐ Perhaps you might now understand that you should stop drinking them.

삽입

본문 1

Most people, however, understand that sodas are not good for their health due to the ingredients.

When you eat fast food, such as pizza, hamburger, or fried chicken, what do you drink with it? Most people have a soda. When you go to the movies or when you just want something refreshing to satisfy your thirst, a soda is often the first choice. Soda, also called a soft drink, is a sweet drink with carbonation. People all over the world love sodas. Every year, Americans consume 170 liters of soda per person, and the British 100 liters. Of all age groups, teenagers drink the most soda. What is in a soda? Which ingredients are really not good for you?

본문 2 - Sugar

Therefore, if you drink one small can of soda, your daily sugar intake already exceeds the recommended amount.

Everyone knows that soft drinks are loaded with large amounts of sugar. A typical 250ml can of soda contains 30 grams of sugar. WHO, the World Health Organization, recommends that people consume less than 25 grams of Sugar a day. What is worse, people usually don't stop with one can. Having extra sugar means adding unnecessary calories. Over time, this can lead to obesity and other health problems, such as heart disease and diabetes. Even diet sodas are not safe. Diet sodas replace the sugar with artificial sweeteners. Artificial sweeteners provide a sweet, sugary taste with fewer calories. This may seem like a good thing, but it really isn't. According to a recent study, artificial sweeteners make you want more sweet foods. This means that you may easily gain weight if you keep drinking diet soda. In addition, artificial sweeteners are known to generate headaches, emotional disorders, and sleeping problems.

본문 3 - Acid

However, acid interferes with the body's ability to absorb calcium, and as a result, bone softening occurs.

Most soda contains several types of acids. Acid is a chemical substance with a sour taste. When added to water, it produces a sharp flavor. Acid also delays the growth of bacteria, which extends the expiration date of the product. Also, the acid in sodas interacts with stomach acid, slowing digestion and blocking nutrient absorption. Furthermore, it can damage tooth enamel, the hard substance that protects your teeth. If you drink sodas regularly, your teeth decay more easily.

본문 4

Most of these colors and flavors, however, are not natural.

Caffeine

When you hear the word "caffeine," you most likely think of coffee. But some sodas, especially colas and carbonated energy drinks, also contain caffeine. Caffeine makes you feel more awake, but it may bring about an irregular heartbeat. A single can of cola may not affect you much, but if you consume colas regularly, they can make you feel more nervous and keep you from sleeping well at night.

Artificial Colors and Artificial Flavors

Soft drink companies attract consumers by adding bright colors and sweet flavors to their products. They are artificial chemicals. For example, the artificial color Yellow No. 6, used in some pineapple juices, adds nothing to the taste. It is just there to make the drink look pretty. Also, the artificial flavor that gives the drink its pineapple taste is not real pineapple juice at all. Studies have shown that excessive consumption of these kinds of chemicals can create problems such as kidney disease and ADHD.

본문 5

If you can't break your soda drinking habits in a short period of time, don't be too hard on yourself.

You can see how the sugar, the acid, the caffeine, and the artificial chemicals in sodas are really not good for you. Perhaps you might now understand that you should stop drinking them. However, if quitting sodas altogether sounds too difficult, cut down gradually. For example, replace one regular soft drink or one diet soda per day with another more healthy drink. Of course, the best choice would be water. Water has no calories, no acid, no caffeine, and no chemicals of any kind. And if you want something to add a boost of flavor, put a slice of lemon in the water. Once you start cutting back, you are heading in the right direction.

More Info.

Adult men on the average have a higher percent of body water than adult women—around 60 percent—because men have less body fat.

How much water does the human body contain?
The average human body is between 50 and 65 percent water. (In fact, body fat contains 10 percent water, and bone has 22 percent water.) During a normal day, we lose 5~10% of our body's water, so we need to replace that amount.

본문 1

Soda, also called a soft drink, is a sweet drink with carbonation.

When you eat fast food, such as pizza, hamburger, or fried chicken, what do you drink with it? Most people have a soda. When you go to the movies or when you just want something refreshing to satisfy your thirst, a soda is often the first choice. People all over the world love sodas. Every year, Americans consume 170 liters of soda per person, and the British 100 liters. Of all age groups, teenagers drink the most soda. Most people, however, understand that sodas are not good for their health due to the ingredients. What is in a soda? Which ingredients are really not good for you?

본문 2 - Sugar

Even diet sodas are not safe.

Everyone knows that soft drinks are loaded with large amounts of sugar. A typical 250ml can of soda contains 30 grams of sugar. WHO, the World Health Organization, recommends that people consume less than 25 grams of Sugar a day. Therefore, if you drink one small can of soda, your daily sugar intake already exceeds the recommended amount. What is worse, people usually don't stop with one can. Having extra sugar means adding unnecessary calories. Over time, this can lead to obesity and other health problems, such as heart disease and diabetes. Diet sodas replace the sugar with artificial sweeteners. Artificial sweeteners provide a sweet, sugary taste with fewer calories. This may seem like a good thing, but it really isn't. According to a recent study, artificial sweeteners make you want more sweet foods. This means that you may easily gain weight if you keep drinking diet soda. In addition, artificial sweeteners are known to generate headaches, emotional disorders, and sleeping problems.

본문 3 - Acid

Furthermore, it can damage tooth enamel, the hard substance that protects your teeth.

Most soda contains several types of acids. Acid is a chemical substance with a sour taste. When added to water, it produces a sharp flavor. Acid also delays the growth of bacteria, which extends the expiration date of the product. However, acid interferes with the body's ability to absorb calcium, and as a result, bone softening occurs. Also, the acid in sodas interacts with stomach acid, slowing digestion and blocking nutrient absorption. If you drink sodas regularly, your teeth decay more easily.

본문 4

But some sodas, especially colas and carbonated energy drinks, also contain caffeine.

Caffeine

When you hear the word "caffeine," you most likely think of coffee. Caffeine makes you feel more awake, but it may bring about an irregular heartbeat. A single can of cola may not affect you much, but if you consume colas regularly, they can make you feel more nervous and keep you from sleeping well at night.

Artificial Colors and Artificial Flavors

Soft drink companies attract consumers by adding bright colors and sweet flavors to their products. Most of these colors and flavors, however, are not natural. They are artificial chemicals. For example, the artificial color Yellow No. 6, used in some pineapple juices, adds nothing to the taste. It is just there to make the drink look pretty. Also, the artificial flavor that gives the drink its pineapple taste is not real pineapple juice at all. Studies have shown that excessive consumption of these kinds of chemicals can create problems such as kidney disease and ADHD.

본문 5

However, if quitting sodas altogether sounds too difficult, cut down gradually.

You can see how the sugar, the acid, the caffeine, and the artificial chemicals in sodas are really not good for you. Perhaps you might now understand that you should stop drinking them. For example, replace one regular soft drink or one diet soda per day with another more healthy drink. Of course, the best choice would be water. Water has no calories, no acid, no caffeine, and no chemicals of any kind. And if you want something to add a boost of flavor, put a slice of lemon in the water. If you can't break your soda drinking habits in a short period of time, don't be too hard on yourself. Once you start cutting back, you are heading in the right direction.

본문 1

Every year, Americans consume 170 liters of soda per person, and the British 100 liters.

When you eat fast food, such as pizza, hamburger, or fried chicken, what do you drink with it? Most people have a soda. When you go to the movies or when you just want something refreshing to satisfy your thirst, a soda is often the first choice. Soda, also called a soft drink, is a sweet drink with carbonation. People all over the world love sodas. Of all age groups, teenagers drink the most soda. Most people, however, understand that sodas are not good for their health due to the ingredients. What is in a soda? Which ingredients are really not good for you?

본문 2 - Sugar

This may seem like a good thing, but it really isn't.

Everyone knows that soft drinks are loaded with large amounts of sugar. A typical 250ml can of soda contains 30 grams of sugar. WHO, the World Health Organization, recommends that people consume less than 25 grams of Sugar a day. Therefore, if you drink one small can of soda, your daily sugar intake already exceeds the recommended amount. What is worse, people usually don't stop with one can. Having extra sugar means adding unnecessary calories. Over time, this can lead to obesity and other health problems, such as heart disease and diabetes. Even diet sodas are not safe. Diet sodas replace the sugar with artificial sweeteners. Artificial sweeteners provide a sweet, sugary taste with fewer calories. According to a recent study, artificial sweeteners make you want more sweet foods. This means that you may easily gain weight if you keep drinking diet soda. In addition, artificial sweeteners are known to generate headaches, emotional disorders, and sleeping problems.

본문 3 - Acid

Acid also delays the growth of bacteria, which extends the expiration date of the product.

Most soda contains several types of acids. Acid is a chemical substance with a sour taste. When added to water, it produces a sharp flavor. However, acid interferes with the body's ability to absorb calcium, and as a result, bone softening occurs. Also, the acid in sodas interacts with stomach acid, slowing digestion and blocking nutrient absorption. Furthermore, it can damage tooth enamel, the hard substance that protects your teeth. If you drink sodas regularly, your teeth decay more easily.

본문 4

For example, the artificial color Yellow No. 6, used in some pineapple juices, adds nothing to the taste.

Caffeine

When you hear the word "caffeine," you most likely think of coffee. But some sodas, especially colas and carbonated energy drinks, also contain caffeine. Caffeine makes you feel more awake, but it may bring about an irregular heartbeat. A single can of cola may not affect you much, but if you consume colas regularly, they can make you feel more nervous and keep you from sleeping well at night.

Artificial Colors and Artificial Flavors

Soft drink companies attract consumers by adding bright colors and sweet flavors to their products. Most of these colors and flavors, however, are not natural. They are artificial chemicals. It is just there to make the drink look pretty. Also, the artificial flavor that gives the drink its pineapple taste is not real pineapple juice at all. Studies have shown that excessive consumption of these kinds of chemicals can create problems such as kidney disease and ADHD.

본문 5

Of course, the best choice would be water.

You can see how the sugar, the acid, the caffeine, and the artificial chemicals in sodas are really not good for you. Perhaps you might now understand that you should stop drinking them. However, if quitting sodas altogether sounds too difficult, cut down gradually. For example, replace one regular soft drink or one diet soda per day with another more healthy drink. Water has no calories, no acid, no caffeine, and no chemicals of any kind. And if you want something to add a boost of flavor, put a slice of lemon in the water. If you can't break your soda drinking habits in a short period of time, don't be too hard on yourself. Once you start cutting back, you are heading in the right direction.

본문 2 - Sugar

What is worse, people usually don't stop with one can.

Everyone knows that soft drinks are loaded with large amounts of sugar. A typical 250ml can of soda contains 30 grams of sugar. WHO, the World Health Organization, recommends that people consume less than 25 grams of Sugar a day. Therefore, if you drink one small can of soda, your daily sugar intake already exceeds the recommended amount. Having extra sugar means adding unnecessary calories. Over time, this can lead to obesity and other health problems, such as heart disease and diabetes. Even diet sodas are not safe. Diet sodas replace the sugar with artificial sweeteners. Artificial sweeteners provide a sweet, sugary taste with fewer calories. This may seem like a good thing, but it really isn't. According to a recent study, artificial sweeteners make you want more sweet foods. This means that you may easily gain weight if you keep drinking diet soda. In addition, artificial sweeteners are known to generate headaches, emotional disorders, and sleeping problems.

본문 4

A single can of cola may not affect you much, but if you consume colas regularly, they can make you feel more nervous and keep you from sleeping well at night.

Caffeine

When you hear the word "caffeine," you most likely think of coffee. But some sodas, especially colas and carbonated energy drinks, also contain caffeine. Caffeine makes you feel more awake, but it may bring about an irregular heartbeat.

Artificial Colors and Artificial Flavors

Soft drink companies attract consumers by adding bright colors and sweet flavors to their products. Most of these colors and flavors, however, are not natural. They are artificial chemicals. For example, the artificial color Yellow No. 6, used in some pineapple juices, adds nothing to the taste. It is just there to make the drink look pretty. Also, the artificial flavor that gives the drink its pineapple taste is not real pineapple juice at all. Studies have shown that excessive consumption of these kinds of chemicals can create problems such as kidney disease and ADHD.

본문 5

For example, replace one regular soft drink or one diet soda per day with another more healthy drink.

You can see how the sugar, the acid, the caffeine, and the artificial chemicals in sodas are really not good for you. Perhaps you might now understand that you should stop drinking them. However, if quitting sodas altogether sounds too difficult, cut down gradually. Of course, the best choice would be water. Water has no calories, no acid, no caffeine, and no chemicals of any kind. And if you want something to add a boost of flavor, put a slice of lemon in the water. If you can't break your soda drinking habits in a short period of time, don't be too hard on yourself. Once you start cutting back, you are heading in the right direction.

본문 2 - Sugar

This means that you may easily gain weight if you keep drinking diet soda.

Everyone knows that soft drinks are loaded with large amounts of sugar. A typical 250ml can of soda contains 30 grams of sugar. WHO, the World Health Organization, recommends that people consume less than 25 grams of Sugar a day. Therefore, if you drink one small can of soda, your daily sugar intake already exceeds the recommended amount. What is worse, people usually don't stop with one can. Having extra sugar means adding unnecessary calories. Over time, this can lead to obesity and other health problems, such as heart disease and diabetes. Even diet sodas are not safe. Diet sodas replace the sugar with artificial sweeteners. Artificial sweeteners provide a sweet, sugary taste with fewer calories. This may seem like a good thing, but it really isn't. According to a recent study, artificial sweeteners make you want more sweet foods. In addition, artificial sweeteners are known to generate headaches, emotional disorders, and sleeping problems.

본문 4

It is just there to make the drink look pretty.

Caffeine

When you hear the word "caffeine," you most likely think of coffee. But some sodas, especially colas and carbonated energy drinks, also contain caffeine. Caffeine makes you feel more awake, but it may bring about an irregular heartbeat. A single can of cola may not affect you much, but if you consume colas regularly, they can make you feel more nervous and keep you from sleeping well at night.

Artificial Colors and Artificial Flavors

Soft drink companies attract consumers by adding bright colors and sweet flavors to their products. Most of these colors and flavors, however, are not natural. They are artificial chemicals. For example, the artificial color Yellow No. 6, used in some pineapple juices, adds nothing to the taste. Also, the artificial flavor that gives the drink its pineapple taste is not real pineapple juice at all. Studies have shown that excessive consumption of these kinds of chemicals can create problems such as kidney disease and ADHD.

본문 2 - Sugar

Over time, this can lead to obesity and other health problems, such as heart disease and diabetes.

Everyone knows that soft drinks are loaded with large amounts of sugar. A typical 250ml can of soda contains 30 grams of sugar. WHO, the World Health Organization, recommends that people consume less than 25 grams of sugar a day. Therefore, if you drink one small can of soda, your daily sugar intake already exceeds the recommended amount. What is worse, people usually don't stop with one can. Having extra sugar means adding unnecessary calories. Even diet sodas are not safe. Diet sodas replace the sugar with artificial sweeteners. Artificial sweeteners provide a sweet, sugary taste with fewer calories. This may seem like a good thing, but it really isn't. According to a recent study, artificial sweeteners make you want more sweet foods. This means that you may easily gain weight if you keep drinking diet soda. In addition, artificial sweeteners are known to generate headaches, emotional disorders, and sleeping problems.

본문 4

Also, the artificial flavor that gives the drink its pineapple taste is not real pineapple juice at all.

Caffeine

When you hear the word "caffeine," you most likely think of coffee. But some sodas, especially colas and carbonated energy drinks, also contain caffeine. Caffeine makes you feel more awake, but it may bring about an irregular heartbeat. A single can of cola may not affect you much, but if you consume colas regularly, they can make you feel more nervous and keep you from sleeping well at night.

Artificial Colors and Artificial Flavors

Soft drink companies attract consumers by adding bright colors and sweet flavors to their products. Most of these colors and flavors, however, are not natural. They are artificial chemicals. For example, the artificial color Yellow No. 6, used in some pineapple juices, adds nothing to the taste. It is just there to make the drink look pretty. Studies have shown that excessive consumption of these kinds of chemicals can create problems such as kidney disease and ADHD.