Sheena Garo

Mrs.Gazmen-Stook

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Drink Less Soda and Keep the Bad Effects Away!

Imagine the sound of a soda can popping open and the tempting sound of soda fizzling. The refreshing drink is so convenient that it can be bought almost anywhere, anytime. Surely anyone who has tried soda, including kids, enjoy it. But just think, is a can of soda really worth the risk of getting diseases and paying health expenses for the rest of your life? One good habit everyone should do is avoid drinking soda everyday. Avoiding soda would save money, avoid the risk of obesity, and prevent osteoporosis.

First of all, an important reason to avoid drinking soda is it saves an abundance of money in a person's pocket! According to Elizabeth Lang, an average American drinks 216 liters of soda (7,304 oz.) a year. Purchasing soda at a vending machine alone costs about $550 a year. Furthermore, purchasing soda at a grocery store for 40 cents per can still results in spending $26,000 in over 30 years. Where could all that money go instead? When people limit themselves on the amount of soda they buy, they could save at least $550 a year. The money could be used to put one's self in a respectable college in the future. The money could also be used for healthier, more desirable food for one's body and other future uses. Therefore, limiting the amount of soda could help a person save money.

In addition, avoiding soda every day could lower the risk of obesity. How can a person be obese by drinking soda? A regular can of Coca-Cola contains as much as 140 calories. Drinking too much soda means more excess calories will be stored in the body as fat, which causes weight

gain. Sally Squires reports that researchers found that children who drank soda consumed more than 200 calories per day than those who didn't drink a lot of soda. Drinking an extra can of soda can increase a person's weight by 15 lbs in just one year. To make things worse, soda contains ingredients that activate a person's appetite so that they feel hungry after drinking soda, causing them to eat more and gradually gain extra weight. This can lead to obesity. Obesity prevents people from being active and results an inconsistent breathing rate and lower self-confidence. Clearly, avoiding soda lowers the risk of obesity. Making a simple change from soda to water makes a big effect on a person's body.

Lastly, an equally important reason to avoid drinking soda every day is soda can cause osteoporosis. Osteoporosis is a condition where the bones become brittle and fragile from loss of tissue. Most people think only elderly people have osteoporosis. However, Gina Shaw claims "A 1994 Harvard study of bone fractures in teenage athletes found a strong association between soda drinks being consumed and bones fractures in 14 year-old girls. The girls who drank soda were about 5 times more likely to suffer bone fractures than girls who didn't consume soda." How does soda cause the bones in our body to weaken? Lead study author Katherine Tucker, PhD explains "Phosphoric acid, a major component in most sodas, may be to blame." Phosphorus is a vital bone mineral that keeps our bones strong. A person can be lacking the amount of calcium in his or her body because of the Phosphoric acid found in soda that could lead to bone loss. When a person's bones have weakened, effortless tasks such as sneezing and bending could cause a bone to break. Obviously, soda is a major step back from suffering osteoporosis. Escaping a large consumption of soda means escaping a trap that makes your bones weaken.

How could a person avoid drinking soda? A person could budget the amount of money they bring to shop for groceries and leave out soda on the list. Another way is having a friend

come to a store to remind them to overlook soda and find other alternatives to drinking soda. A good habit would be to start buying other alternatives. People can gradually fill their fridge with water, healthy juice, and milk. Another good habit is to drink water before and after meals and carry a bottle of water wherever he or she goes.

I believe that avoiding soda everyday could give a person a healthier lifestyle. Avoiding soda can save money, avoid the risk of obesity, and prevent osteoporosis. A can of soda holds many risky, possibly life threatening effects. However water has no life threatening effects hidden. Choose wisely, water or soda?

Works Cited

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