

Re: Soda a Day Boosts Weight Gain, Risk of Diabetes

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2004-08/2832.html>

From: severesocialanxiety (samappliance_at_yahoo.com)

Date: 08/29/04

Date: 28 Aug 2004 22:36:26 -0700

fresh~horses@despammed.com (fresh~horses) wrote in message
news:<abf8de5b.0408251404.2c6ed16e@posting.google.com>...

> "Bill" <xxx@yy.zz> wrote in message news:<%i5Xc.3225\$kv1.885@newssvr31.news.prodigy.com>...

> > <fresh~horses@despammed.com> wrote in message

> > news:cgh66m\$j8@odak26.prod.google.com...

> > >

> > > tcomeau wrote:

> > > > <http://www.washingtonpost.com/wp-dyn/articles/A29434-2004Aug24.html>

> > > >

> > > > A Regular Soda a Day Boosts Weight Gain

> > > > Non-Diet Drinks Also Increase Risk of Diabetes, Study Shows

> > > >

> > > > By Rob Stein

> > > > Washington Post Staff Writer

> > > > Wednesday, August 25, 2004; Page A01

> > > >

> > > > Women who drink non-diet soda or fruit punch every day gain weight

> > > > quickly and face a sharply elevated risk of diabetes, according to a

> > > > major study released yesterday.

> > > >

> > > > The study of more than 50,000 U.S. nurses found that those who drank

> > > > just one serving of soda or fruit punch a day tended to gain much

> > > > more

> > > > weight than those who drank less than one a month, and had more than

> > > > an 80 percent increased risk of developing Type 2 diabetes, the most

> > > > common form of the disease. The risk pertained to drinks sweetened

> > > > with either sugar or high-fructose corn syrup.

> > > > This is what I've been saying in sci.med.nutrition for going on four

> > > > years now.

> > > >

> > > > Apologies and retractions will now be graciously accepted

> > > >

> > > > TC

> > >

> > >

> > > Carbonated beverages also deplete the body of calcium.

> > >

> > > *Zee*

> > >

> >

> > *I found this interesting from something called NNFA*

> >

> > *"High-protein (specifically animal protein) can increase calcium excretion
> > (for every 50 gm incremental increase in dietary protein, 60 mg of calcium is
> > excreted in the urine). In addition, high caffeine intake, high phosphoric
> > acid intake (e.g., carbonated soft drinks containing phosphoric acid), or
> > high-sodium diets can increase calcium excretion"*

> >

> > *So, if you eat a lot of cold cuts and wash it down with caffinated soda you
> > will trun into a jelly fish. :)*

> >

> > *Bill*

>

>

> *I wonder if this nutritional advice applies to all. Are there not
> people who need lots of sugar and caffeine? (Please...).*

>

> *Zee*

I think caffeine is good because it helps you study or any mental activity. Our brains are very lazy. I only use it for exams.