

Re: Diet Cola better than Regular? Not according to this study!

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-07/msg00924.html>

- *From:* "MMu" <brilhasti@xxxxxxx>
 - *Date:* Tue, 26 Jul 2005 14:22:43 +0200
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"Enrico C" <use_replyto_address@xxxxxxxxxxxxxx> schrieb im Newsbeitrag [news:12uhpinzthdge\\$.dlg@xxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:12uhpinzthdge$.dlg@xxxxxxxxxxxxxxxxxxxxxxxxxxxx)
> On Sun, 24 Jul 2005 18:53:02 -0700, realjob wrote in
> <news:dqmdnSg-7tl62HnfRVn-jg@xxxxxxxxxxxxxx> on sci.med.nutrition :
>
> [snip]

- > There may be other explanations too:
- > – soft drinks let you eat more, as they help digesting heavy meals, I
- > think
- > (and you drink more freely as you know it's diet soda);
- > – even diet sodas keep the habit of a sweet tooth.
- > – people who drink diet sodas, and "diet" stuff in general, perhaps do so
- > because they are less confident of controlling their own weight by
- > limiting
- > quantities and making more physical activity;
- > – sodas are often associated to an unhealthy diet and life-style...

same opinion here. consumers of diet soda surely are different from consumers of ordinary sugared soda because they obviously are concerned about getting overweight.

people without any problems maintaining their weight are a lot less likely to consume "light" and "diet" products than people who have..

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- *References:*
 - ◆ ***Diet Cola better than Regular? Not according to this study!***
◇ *From:* realjob
 - ◆ ***Re: Diet Cola better than Regular? Not according to this study!***
◇ *From:* Enrico C

Re: Diet Cola better than Regular? Not according to this study!

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