

Put that Can Down! 5 Reasons to Give Up Soda

By: FITSUGAR

If you rely on sodas to get you through the day, it's time to reconsider your options. Coke may get your motor running, but the cons of sipping one easily outweigh the pros. Before you reach for another carbonated beverage, check out a few good reasons you should stop swigging soda.

- **Bone loss:** While scientists debate the exact reason, most agree that drinking soda is bad for our bones and deters us from having something healthier like a glass of milk or water. Still, some believe the [phosphoric acid in sodas may lead to osteoporosis](#).
- **Hypertension:** Keep the doctor away by *not* drinking a soda a day. Studies show that people who consume sugary and carbonated sodas increase their risk of [type 2 diabetes](#), among other diseases.
- **Dental decay:** It doesn't take a brain surgeon to realize that sodas aren't the best drinks for the teeth. The acidic drinks can [erode tooth enamel and cause decay](#). If you must, drink it through a straw.



To see the rest of the list, read more.

- **Sugar, sugar, sugar:** If you want to overdose on your sugar allowance for the day, go ahead and drink a soda. The nondiet beverages are typically chock-full of it, which consequently puts you on a sugar high and eventually a sugar low. And diet sodas [won't get you off the hook](#) either.

- **The antithirst:** Thirsty? Don't reach for a soda. The carbonated drinks may taste good going down, but they often leave you thirstier than before.

Chances are, a glass of water, milk, tea, or juice could serve your purposes in a much healthier manner. What are some reasons you don't drink sodas?