



The Bitter Truth of a Cold Drink

Maithili A Athavale*

Assistant General Manager (R&D), Cancer Biology Lab, Sathgen Biotech-A Unit of Godavari Biorefineries Ltd., Navi Mumbai, India

***Corresponding Author:** Maithili A Athavale, Assistant General Manager (R&D), Cancer Biology Lab, Sathgen Biotech-A Unit of Godavari Biorefineries Ltd., Navi Mumbai, India.

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In this modern era, when technology is moving at a great pace, fast food has become an integral part of life at the workplace, colleges and at many celebrations. Many teenagers get addicted to junk food and the cold drink/Soft drink is a part of it. Frequent consumption of Cold drink can have an adverse impact on the adolescent health.

Let us see what a soft drink is and how its excessive intake can adversely affect our health.

Soft drinks are generally composed of water, sweeteners, carbon dioxide, acidulants, flavorings, colorings, chemical preservatives and foaming agents.

Acidic nature

The tangy taste of cold drink is due to the dissolved carbon dioxide in water to form carbonic acid. The pH of Soft drinks is highly acidic ranging from 2-4. This low pH is detrimental to dental health. The enamel is weakened and bacteria can easily cause cavities and tooth decay starts.

High glucose content

All the soft drinks have high Phosphate, Glucose and Sucrose content. Due to high content of glucose it leads to weight gain and increased risk of obesity. Large amount of sugar is turned into Fat in the liver. The hormone insulin drives glucose from the bloodstream into the cells, but when one drinks a soft drink there is an increase in glucose level and cells may become less sensitive or resistant to the effect of insulin. When this happens pancreas make

more insulin to remove the glucose from the bloodstream so there is a spike in insulin level in the blood. This condition eventually leads to insulin resistance. Insulin resistance is the main cause of type2 diabetes and heart disease.

They add empty calories

Soft drinks/Cold drinks virtually contain no essential nutrients i.e. no vitamins, no minerals and no fiber thus it adds nothing to your diet except unnecessary calories.

Leptin resistance

Leptin is a hormone produced by body's fat cells. It is called satiety or fullness hormone. This hormone makes one feel full when one eats enough food. High Sugar levels in soft drinks can cause Leptin resistance, due to this the brain stops responding to the hormone's signal. Thus a person continues to eat even though the person is full, as the brain does not recognize Leptin hormone and thinks that the person is still hungry. Leptin resistance leads to fat gain in humans.

Increase in heart disease risk and cancer

Many studies have shown that the pancreatic cancer and heart disease risk increases with the regular consumption of soft/cold drinks.

Addiction

Most of the cold drinks have high caffeine content. It makes the drink addictive. It is safe to consume caffeine in moderate amount

(around 400mg caffeine per day is safe). High amount of caffeine may lead to dizziness, insomnia, anxiety and rapid heart rate.

Thus in a nut shell one should avoid or minimize the consumption of soft/cold drinks to make the Life better otherwise it would certainly be bitter.

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