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15 Drinks That Are (Almost) As Bad As Soda

You may be surprised to find out that what you often drink is making you sick

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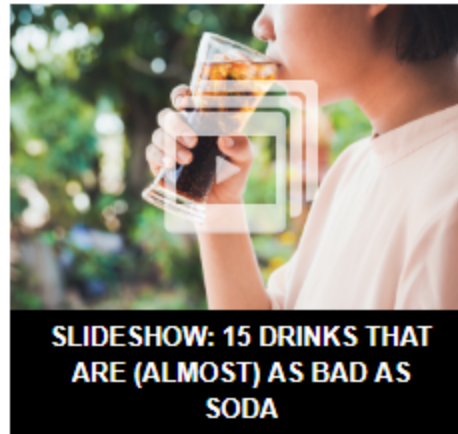
It's no secret that soda **is bad for you**, but 48 percent of Americans drink it every day, according to **Gallup**. The average daily amount is 2.6 glasses, with 28 percent drinking one glass a day, on average, and 20 percent drinking two or more glasses.

The high fructose corn syrup found in soda is by far the worst thing about it, **Dr.**

Daryl Gioffre, Founder of Alkamind and

celebrity nutritionist, says. "It is most dangerous because it goes directly to the liver and is stored as fat," he adds. It also creates resistance to leptin, a hormone that decreases appetite, he adds. The condition is the main driver of fat gain in people.

"Regular soda has a lot of sugar but **diet is actually worse** because it has artificial sweeteners," **Carly Pollack**, certified clinical nutritionist, says. "I often always joke when I give lectures: 'Would you rather get fat from soda or cancer from diet soda?'" **Experiments** have shown that Aspartame, a popular artificial sweetener, can cause the development of **cancerous cells** in different parts of the body.



There really is no way to spot clever marketing campaigns that have disguised an unhealthy product as good for you, Dr. Gioffre says. “We really just have to **become conscious label readers.**” You always want to consume a product that is high in minerals, low sugar, and high in fiber, he adds. In general, stay away from anything that has more than 5 grams of sugar.

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