

Cola Increases Risk of Osteoporosis

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With summer comes family picnics, barbeques and of course our favorite beverage of choice-soda pops! But these thirst quenching drinks can also wreak havoc on our bones. We have all heard the negative effects of drinking soda on obesity, attention deficit disorders and even dental problems. Although, a recent study has now added a new concern to that list. Women who drink cola regularly have a higher risk of developing the brittle bone disease osteoporosis. In the American Journal of Clinical Nutrition, Tuft University researchers examined 2500 men and women and discovered that regardless of age and calcium intake, women who drank four or more colas per week had lower bone mineral density. Researcher concluded this by measuring bone density at the spine and three locations on the hip. Decreased density was found at the three hip locations but not revealed in the spine. The researchers say that phosphoric acid in cola may turn the blood too acidic, which leaches calcium from the bones to balance out the acidity. These results also heighten the awareness of cola consumption with children. Calcium is a vital nutrition for the growth and development of their bones. Studies have revealed that increased consumption with children has lead to bone fractures and growth problems. More research is needed to determine colas effect on bones, but reducing or finding alternatives would be a healthier choice. At the next gathering of friends and family offer fruit juice, ice tea, lemonade, and bottled water.

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