

# SODA AND DIET SODA

## WHY YOU SHOULD RETHINK DRINKING THEM

Research has found that the more sugary drinks, like soda and diet soda, consumed in a day, the **higher the chances are for an early death**—particularly a death associated with cardiovascular disease.

### THE CAUSE

The **sugar and artificial sugar** in these drinks are the **major culprits**.

All of these findings come from people who are drinking typically **one to two or more servings a day**. It's important to understand that additional factors like lifestyle, health and diet factors have to be accounted for as well.



### BY THE NUMBERS

Drinking two servings of soda a day means a

**31%**

HIGHER RISK OF HEART DISEASE RELATED DEATH

Every serving-per-day increase after that means a

**10%**

HIGHER LIKELIHOOD OF HEART DISEASE RELATED DEATH

A diet soda daily means an increase in risk by



**61%**

OF HEART ATTACK OR STROKE

**3x**  
MORE LIKELY

People who drink diet soda every day are three times more likely to **suffer a stroke** than those who drink diet soda once a week or less.



Women who drink two or more artificially sweetened beverages per day have a **29 percent higher chance of heart disease** than women who drink one or less per week.

### WHAT DOES THIS MEAN?

More and more research is being done to determine the **negative health effect** of soda and diet soda. Next time you reach for that soft drink, consider alternatives like **flavored, seltzer and sparkling water...** or good old-fashioned regular water. Your **heart and body** will thank you!