

Who here likes to drink soda? Almost everyone has a favorite from Coke or Pepsi, Dr. Pepper, Root Beer, Sprite, to my personal favorite, Sunkist.

Good afternoon, my name is Rick Howard and today I would like to show you how to stop drinking Soda.

You are probably wondering why you should stop drinking soda. Other than the obvious reasons, Sugar and Caffeine, there is another part of sodas that makes them unhealthy, Carbonation. Carbonation can cause health problems as well. Chief among them is Osteoporosis.

Osteoporosis is a disease which causes bones to become brittle and fragile. This can lead to fractures and cause the bones to break easier.

You may be wondering how carbonation can cause osteoporosis. When you drink soda, the carbonation is actually an irritant to the stomach. When the stomach gets irritated, it combats it with the only antacid it has, Calcium. This comes from the blood stream which gets it from the bones. Thereby making the bones more brittle because of a lack of calcium.

So how can you stop drinking soda?

First, you must make a decision to stop, do not just say you are going to, you have to honestly want to do it. Nothing gets full accomplished with half the effort.

Second, begin looking for alternatives. Since I am focusing on carbonation, Tea could be an alternative as well as any number of any fruit juices.

Third, This is where your consumption of sodas will go down. You need to start substituting your chosen alternatives in place of sodas. This is a big step, but it will not be easy.

Fourth, Once you have gotten to no Sodas at all, you need to lower your consumption of sweets. The problem with sweets is they make you crave more sweets.

I have a handout for you that goes into greater detail about stopping soda consumption and its benefits. I hope you will find it useful and thank you for your time.

How to Stop Drinking Soda

1. You must make a decision to stop.	Do not just say you are going to, you have to honestly want to do it. Nothing gets full accomplished with half the effort.
2. Begin looking for alternatives.	Since I am focusing on carbonation, Tea could be an alternative as well as any number of any fruit juices. Also See list at the bottom of the page.
3. Begin Substituting your alternatives for soda.	This isn't a quick process and takes determination. Continue this process until you have completely stopped drinking sodas.
4. Once you have gotten to no Sodas at all, you need to lower your consumption of sweets. The problem with sweets is they make you crave more sweets.	This is a final step. You dont have to stop eating sweets entirely, just try to cut down so the urge to pick up a soda becomes lower.

For the same 250 calories in a 20-ounce bottle of soda, you could enjoy eating nutritious foods that fill you up and can increase your energy. Here are some substitutes:

- * 80 baby carrots
- * Four large Red Delicious apples
- * 15 cups of air popped popcorn

Give up one daily 20-ounce soda, and at the end of the year you'll save:

- * 91,000 calories
- * 7,280 teaspoons of sugar
- * Potentially lose up to 26 pounds of fat

Give up three daily 20-ounce bottles of soda, and at the end of the year you'll save:

- * 273,000 calories
- * 21,840 teaspoons of sugar
- * Potentially lose up to 78 pounds of fat

By replacing soda with a nutritious beverage, you'll feel more energetic, satiated, lighter on your feet, less bloated and less moody.

Better beverage alternatives that are low-calorie and enhance your health:

- * Water
- * Flavored water
- * Plain and flavored seltzer
- * Skim milk, skim plus and 1 percent reduced fat milk
- * Soy milk
- * Green tea
- * Chamomile tea
- * Coffee
- * Skim latte, skim cappuccino and skim café au lait
- * Low-fat hot cocoa