

# Sugary Beverages & Types

## 1. Sodas (Soft Drinks)

Sodas are a classic example of sugary beverages, and they represent a major source of excess sugar in the diet. The sugar content in these drinks can contribute significantly to health problems like obesity, diabetes, and tooth decay. Many sodas also contain artificial colors, flavors, and preservatives that may have additional long-term health consequences.

### ***Common Sodas:***

Coca-Cola (classic, Diet Coke, Coca-Cola Zero)

Pepsi (regular, Diet Pepsi, Pepsi Max)

Sprite (regular, Sprite Zero)

Mountain Dew (regular, Diet Mountain Dew, Mountain Dew Zero)

Fanta (e.g., Fanta Orange, Fanta Strawberry, Fanta Grape)

Dr. Pepper (regular, Diet Dr. Pepper, Dr. Pepper Ten)

7 Up (regular, Diet 7 Up)

Barq's Root Beer

A&W Root Beer

Sunkist (regular, Diet Sunkist)

Schweppes (ginger ale, tonic water, club soda)

### ***Health Risks:***

High in added sugars (often high-fructose corn syrup) that contribute to insulin resistance, type 2 diabetes, and obesity.

Sugary sodas increase the risk of heart disease, stroke, and fatty liver disease.

Consuming sugary sodas regularly is associated with dental decay due to sugar and acid content.

Some diet sodas contain artificial sweeteners (e.g., aspartame, sucralose) which may disrupt gut microbiota and increase cravings for sweet foods.

## **2. Diet Sodas**

Diet sodas are marketed as "healthier" alternatives to regular sodas, but they still pose a range of health risks due to their artificial sweeteners and preservatives.

### ***Common Diet Sodas:***

Diet Coke (and variants such as Diet Coke with Lime, Diet Coke with Cherry)

Diet Pepsi (including Diet Pepsi Wild Cherry, Diet Pepsi Lime)

Sprite Zero

Coca-Cola Zero Sugar

Pepsi Zero Sugar

7 Up Diet (and Diet 7 Up Cherry)

Dr. Pepper Ten

Fanta Zero (Fanta Orange Zero, Fanta Grape Zero)

Diet Mountain Dew

Caffeine-free Diet Coke and Diet Pepsi

Schweppes Diet Ginger Ale

Sunkist Diet

### ***Health Risks:***

Artificial sweeteners like aspartame, sucralose, and saccharin are linked to disruptions in gut microbiota, increased appetite, and weight gain. They may contribute to insulin resistance and metabolic syndrome over time.

Phosphoric acid in diet sodas has been associated with bone mineral loss, contributing to osteoporosis.

Diet sodas may increase cravings for sweet foods, encouraging overconsumption of unhealthy foods.

### **3. Energy Drinks**

Energy drinks contain high doses of caffeine, sugars, and often other stimulants like taurine, guarana, and ginseng. These drinks are designed to provide an energy boost, but their excessive sugar and caffeine content can have adverse effects on the body.

#### ***Common Energy Drinks:***

Red Bull (original, sugar-free, zero-calorie, Red Bull Editions)

Monster (original, Diet Monster, Zero Ultra, Java Monster)

Rockstar (original, Rockstar Energy Zero Carb, Rockstar Pure Zero, Rockstar Organic)

5-Hour Energy (energy shots, extra-strength)

NOS (Original, NOS Zero, NOS Turbo)

Full Throttle (original, sugar-free)

Amp Energy (original, sugar-free, tropical)

Bang Energy (zero sugar, caffeine, electrolytes)

Reign Total Body Fuel

Xyience Energy (sugar-free)

#### ***Health Risks:***

Excessive caffeine intake can cause heart palpitations, anxiety, high blood pressure, and sleep disturbances.

High sugar content can lead to insulin resistance, obesity, diabetes, and cardiovascular diseases.

Taurine and other stimulants can increase heart rate and blood pressure, posing a risk for individuals with heart conditions.

Long-term consumption is linked to dehydration, kidney problems, and liver damage.

#### **4. Sweetened Fruit Juices**

Sweetened fruit juices are marketed as healthy, but they often contain added sugars that drastically increase the glycemic index and calories of the drink. Even without added sugars, fruit juices are high in natural sugars, making them a risky choice when consumed excessively.

##### ***Common Sweetened Fruit Juices:***

Tropicana (Orange Juice, Trop 50, Tropicana Pure Premium, various blends)

Minute Maid (Original, Pulp Free, Tropics, Minute Maid 100% Juice)

Ocean Spray (Cranberry Juice, Cranberry Juice Cocktail, 100% Juice)

Welch's (100% Grape Juice, Concord Grape Juice, Juice Blends)

Dole (100% Pineapple Juice, Orange Juice, Apple Juice)

Mott's (Apple Juice, Apple Sauce, Fruit Punch)

SunRype (Apple, Cranberry, Berry Blends)

Simply Orange Juice (Simply Orange, Simply Lemonade)

##### ***Health Risks:***

Even 100% fruit juices contain a high amount of natural sugars (like fructose), which can contribute to insulin resistance, weight gain, and fatty liver disease.

Added sugars in many juices increase the risk of obesity, type 2 diabetes, and heart disease.

Juice lacks the fiber of whole fruit, leading to rapid spikes in blood sugar and insulin.

Juice consumption is linked to tooth decay, as it exposes teeth to sugars and acids.

#### **5. Sweetened Iced Tea**

Commercially sweetened iced teas are often loaded with sugar, artificial flavors, and preservatives, masking the potential health benefits of tea itself. These drinks often appear to

be healthier options but are not without health risks.

***Common Sweetened Iced Tea:***

Lipton Iced Tea (Sweet Tea, Lemon, Raspberry, Green Tea)

Snapple Iced Tea (Sweetened, Diet Snapple, Peach, Lemon, Raspberry)

Arizona Iced Tea (Sweet Tea, Lemon, Green Tea, Mucho Mango, Fruit Punch)

Gold Peak Iced Tea (Sweet Tea, Diet Tea, Lemonade)

Pure Leaf Iced Tea (Sweetened, Lemon, Peach, Raspberry, Unsweetened)

Nestea Iced Tea (Sweetened, Diet, Lemon, Peach)

***Health Risks:***

High sugar content, especially in sweetened versions, increases the risk of type 2 diabetes, heart disease, and obesity.

Artificial flavorings and preservatives can have negative effects on the gut microbiome and inflammation.

High glycemic index leads to blood sugar spikes and insulin resistance over time.

## **6. Flavored Waters**

Flavored waters are typically marketed as a healthier alternative to sodas, but they often contain artificial sweeteners, flavors, and preservatives that may harm the body in various ways.

***Common Flavored Waters:***

Dasani Flavors (Berry, Lemon, Lime, Strawberry Kiwi)

Aquafina FlavorSplash (Lemon, Mixed Berry, Grape, Peach Mango)

VitaminWater (various flavors, including Zero varieties)

Propel (Water with electrolytes, Zero calories)

Nestlé Pure Life (Flavored Water, Sparkling Water)

***Health Risks:***

Artificial sweeteners in flavored waters (e.g., sucralose, aspartame) may disrupt the gut microbiota, contribute to insulin resistance, and increase cravings for sweet foods.

Excessive consumption can alter hydration patterns, leading to dehydration if the body is dependent on flavored waters over regular water.

Some flavored waters are loaded with added sugars, which contribute to obesity, tooth decay, and blood sugar imbalances.

**7. Sports Drinks**

Sports drinks are designed to hydrate and replenish electrolytes, but many are packed with added sugars, artificial flavors, and colorings. They should only be consumed after intense physical activity, but they are often consumed regularly by people leading sedentary lifestyles.

***Common Sports Drinks:***

Gatorade (original, G2, Gatorade Zero, Gatorade Thirst Quencher)

Powerade (original, Powerade Zero, Powerade Ultra, Powerade Electrolyte)

BodyArmor (Lyper, SuperDrink)

Pedialyte (Fruit Punch, Grape, Lemonade)

All Sport (original, sugar-free)

VitaminWater Zero (various flavors with electrolytes)

***Health Risks:***

High sugar content (e.g., glucose, sucrose) contributes to weight gain, diabetes, and insulin resistance.

Excessive electrolyte intake (e.g., sodium, potassium) may affect kidney function when consumed in excess.

Artificial colorings in some drinks may contribute to hyperactivity and attention problems, particularly in children.

Can lead to tooth decay when consumed frequently due to the combination of sugars and

acidity.

## **8. Commercially Sweetened Coffee Drinks**

These beverages are marketed as a quick caffeine fix, but they are typically loaded with sugars, flavorings, and syrups, making them far from a healthy option.

### ***Common Commercially Sweetened Coffee Drinks:***

Starbucks Frappuccinos (Caramel, Mocha, Java Chip, Coffee, Vanilla Bean)

Iced Lattes (Sweetened with syrups like vanilla, caramel, chocolate)

Coffee-based beverages (e.g., McCafé Iced Coffee, Dunkin' Iced Coffee)

Pre-brewed bottled iced coffee (e.g., Starbucks Iced Coffee, Califa Farms, Dunkin' Donuts Iced Coffee)

Coffee creamers (e.g., International Delight, Coffee-Mate, Silk Creamers)

### ***Health Risks:***

High levels of added sugars lead to obesity, diabetes, and insulin resistance.

Artificial flavorings and preservatives can increase inflammation and may disrupt gut health.

Excessive intake of caffeine can cause anxiety, insomnia, and high blood pressure.

## **9. Sugar-Laden Smoothies**

Smoothies can seem like a healthy option, but commercial smoothies are often packed with sugars, syrups, and artificial flavorings, and can be just as calorie-dense as sugary sodas.

### ***Common Sugar-Laden Smoothies:***

Jamba Juice (all smoothie options, especially those with added syrups like acai, mango, or peach)

Smoothie King (e.g., Peach Perfection, Peanut Power Plus, Mango Kale)

Tropical Smoothie Cafe (e.g., Island Green, Mango Magic, Tropical Smoothie with added sugar)

Robeks (e.g., Mango Mania, Acai Berry Boost)

***Health Risks:***

Excess sugar from added syrups, juices, and sweeteners leads to insulin resistance, weight gain, and heart disease.

Many smoothies are low in fiber, leading to blood sugar spikes.

Can contribute to tooth decay when consumed frequently, especially if they are highly acidic (e.g., citrus-based smoothies).

## **10. Pre-mixed Alcoholic Beverages**

These are ready-to-drink alcohol drinks, often containing added sugars, artificial flavorings, and preservatives, which mask the alcohol taste and make these drinks easier to consume in excess.

***Common Pre-mixed Alcoholic Beverages:***

Mike's Hard Lemonade (original, lime, cranberry, and various flavored versions)

Smirnoff Ice (original, green apple, strawberry, and more)

Seagram's Escapes (Wild Berries, Jamaican Me Happy, Strawberry Daiquiri)

Four Loko (varieties with caffeine, high alcohol content)

Twisted Tea (original, half & half, lemon, peach)

Henry's Hard Soda (orange, ginger ale, cherry cola)

***Health Risks:***

High sugar content increases the risk of obesity, type 2 diabetes, liver disease, and cardiovascular diseases.

Alcohol combined with sugar creates an environment conducive to increased appetite, overconsumption, and poor decision-making.

These drinks often lead to hangovers, dehydration, and increase the likelihood of alcohol

dependency when consumed regularly.