

WHAT'S REALLY IN CONVENTIONAL SODAS?

ADDED SUGAR

Conventional sodas contain sugar or high fructose corn syrup. High fructose corn syrup is a man-made sugar derived from corn, and is often added to unsuspecting foods like ketchup, barbeque sauce, and even breads. Our bodies don't need added sugars, and high intakes of them has been linked to diabetes, heart disease, and weight gain.

SODIUM

Sodium additives are sometimes used in soft drinks for antimicrobial properties and balancing acidity. Sodium is an essential nutrient, but most individuals get too much in their diets. Excess sodium can lead to increased blood pressure, and may make your heart and kidneys work harder. Diets high in fast food, cured meats, cheese, canned foods, and frozen dinners may be excessive in sodium. If you're concerned, speak with a dietitian.¹

BROMINATED VEGETABLE OIL

Brominated vegetable oil (BVO) is a man-made molecule, made by binding bromine to vegetable oil. It is sometimes added to beverages to prevent separation of the flavor from the liquid. Europe and several other countries have banned BVO, but the U.S. allows manufacturers to use small amounts while performing safety testing.⁴ Bromine can irritate skin and mucous membranes.⁵ There have been cases where individuals have experienced side effects from drinking several liters of BVO-containing beverages daily.⁶



BENZOATE SALTS + ASCORBIC ACID

Benzoate salts and ascorbic acid are sometimes added to sodas as preservatives. When combined, they may form benzenes, which are carcinogens (cancer-causing compounds). The FDA has done testing on soft drinks and other beverages, and found that several samples exceeded the limit of benzenes. Now, the FDA monitors beverages for acceptable limits of benzenes.²

PHOSPHORIC ACID

Phosphoric acid is sometimes added to sodas for flavor and preservation. Phosphoric acid is made from phosphorus. If your kidneys have difficulty filtering, your healthcare provider may recommend limiting intakes of phosphorus, and avoiding sodas, for this reason. Most people receive enough phosphorus in their diets. If you consume too much, your phosphorus and calcium levels may go out of balance which can cause bone problems.³

WHAT ABOUT ZEVIA?

Zevia contains **none of these additives!** Instead of sugar, Zevia uses stevia leaf extract, which comes from a plant. Stevia does not increase your blood sugar levels, and has zero calories. Zevia is a great option for anyone looking to ditch artificial ingredients, watch their blood sugars, and monitor intakes of sodium, potassium, and phosphorus. Best of all, Zevia comes in a variety of flavors!



Sources:

- 1 - http://biotech-health.portal.tools/?page=article&article_id=35084
- 2 - <https://www.fda.gov/food/buy-store-serve-safe-food/carbonated-soft-drinks-what-you-should-know>
- 3 - <https://www.healthline.com/health/food-nutrition/is-phosphoric-acid-bad-for-me#4>
- 4 - <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?FR=180.30>
- 5 - <https://emergency.cdc.gov/agent/bromine/basics/facts.asp>
- 6 - <https://www.webmd.com/food-recipes/news/20130129/brominated-vegetable-oil-qa#2>



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