

Another problem with this beverage is the potential effects of fructose (from all caloric sweeteners) when consumed in caloric beverages on abdominal fat and subsequently, all the metabolic conditions directly linked with this (e.g., diabetes).

But it is not only soft drinks itself which lead to obesity. The problem is that we don't feel fullness, which means, we eat the same quantity of calories as we would if we would drink water instead.

Evidence suggests that sugar-sweetened beverages are generally consumed quickly and do not provide the same feeling of fullness that solid food provides (5) such that consumers tend not to reduce the intake of other foods sufficiently to compensate for the extra calories provided by sugar-sweetened beverages (6). Excess calories contribute to overweight and obesity as they can be readily converted to body fat and stored within various tissues. (7) Read the [full article](#).

Some people may think that zero calorie drinks are equally good or even better than water for their children. Because they have flavor, children can drink a lot of it, which could lead to a conviction they are hydrated enough.