[Your Name]

[Instructor]

[Class]

[Date]

considering soda and obesity

# Introduction

1. Attention Getter: Every day, thousands of people consume drinks in which they decide to pour ridiculous amounts of sugar. Between two to over twelve tablespoons is added to their drinks. That can be the same amount of sugar as drinking four bags of Skittles (Sugarstacks).
2. Topic Clarification: But it’s not difficult to realize that this diet isn’t very strange. These amounts of sugar are actually those of soft drinks, strong components in the diets of millions. What’s concerning is the impact of this diet on our health. I’m sure that you would also be concerned if your friend started pouring bags of Skittles in her drink every day.
3. Road Map: In this speech, I’ll first clarify the health issue of soda in terms of its role in obesity. Then, I will describe simple ways by which we can try to counteract this role.

# body

1. Problem: Considering the problem, we can’t imagine that drinking all that sugar and sweetener is going to help us slim down, but a basic understanding of exactly how it causes obesity is useful.
2. To this end, studies find that weight gain linked to soda consumption is almost entirely attributable to the higher calorie intake from sweetener.
3. New York’s Icahn School of Medicine found that “if everything else in their diet is equal, a person who has a can of Coke a day adds an extra 14.5 pounds [or 6.5kg] per year, just from the calories alone” (Grush 2013).
4. Correspondingly, one U.S. study found a mean increase of 200 more calories in children drinking an average of at least 9 ounces of soda per day (Vartanian et al. 2007).
5. The vast majority of studies on the issue is in agreement, and concludes that this link between soda drinking and higher energy intake is responsible for increases in weight and BMI gain (Grush 2013; Harnack and Mary 1999; Ludwig et al. 2001).
6. This reality is especially problematic because developments in nutritional science reveal that the calories in the sugars and sweeteners found in soft drinks are actually turned more easily into fat than calories from eating fats in food (Wanjek 2012).

[Transition: Now having briefly explained how soda plays into unhealthy weight gain, it’s as equally important to understand ways to manage it].

1. Solution: Fitting into the larger issue of obesity, the ways by which we can cut back on soda’s influence are simple.
2. Sub Point: The maxim of health professionals and nutritionists is always applicable: everything in moderation.
3. We know that eating a mountain of Skittles every day isn’t healthy, but a single serving every week is fine. In the same way, a soda once in a while is much more permissible than a supersized fountain soft drink or several cans a day.
4. Drinking a can once every few days limits the overconsumption of fat-creating calories without cutting out soda entirely.
5. Sub Point: Similarly, exercise is the intuitive solution to weight gain and maintenance.
6. Our weight can at least be managed this way without significant dietary changes, in addition to providing a number of other health benefits.
7. Biking, skiing, or joining an extracurricular activity are all fun and easy ways to achieve this.

# CONCLUSION

1. Transitional Signal: Although this information is largely intuitive, having greater awareness is vital to maintaining and motivating our personal health in an obesity epidemic.
2. Summary: I have briefly explained the nature of soda-induced weight gain as the result of increased fat-prone calorie consumption, and have also offered moderation and increased exercise as familiar ways to counteract this.
3. Call to Action: So the next time you buy a Coke, consider the amount of Skittles you might as well be drinking – and whether they fit into a diet that is balanced, healthy, and happy.

# WORKS CITED

Grush, Lauren. (2013, Aug). *How Bad Is Soda, Really?*

Harnack, Lisa, and Story, Mary. (1999). Soft Drink Consumption Among US Children and Adolescents: Nutritional Consequences. *Journal of the American Dietetic Association* *99*(4), pp. 436-41.

Ludwig, David S., Karen E. Peterson, and Steven L. Gortmaker. (2001). Relation between Consumption of Sugar-sweetened Drinks and Childhood Obesity: A Prospective, Observational Analysis. *The Lancet* *357*(9255), pp. 505-08.

Sugarstacks. *How Much Sugar in Candy?*(N.d).

Vartanian, Lenny R., Marlene B. Schwartz, and Kelly D. Brownell. (2007). Effects of Soft Drink Consumption on Nutrition and Health: A Systematic Review and Meta-Analysis. *American Journal of Public Health, 97*(4), pp 667-75.

Wanjek, Christopher. (2012). *When Dieting, Not All Calories Are Created Equal.*



**IMPORTANT – PLEASE READ**

Don't use this speech as is! This document is available for anyone to download, and it has been used by *thousands* of people.

If you need help with writing a unique speech, please go to <http://www.myspeechclass.com/go/custom-speech> - you can order unique speech for as low as $17.98.