

Naked Drink Calories



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6 DRINK INGREDIENTS THAT SUCK THE LIFE OUT OF YOU

Many Americans enjoy alcoholic beverages, soft drinks, sport drinks, energy drinks, tea, and coffee. However, enjoying these daily pleasures contributes to micronutrient depletion. There are six common EMDs hiding in our beverages: alcohol, phosphoric acid, caffeine, tannins, and of course refined



white sugar and high fructose corn syrup (HFCS). They all leach, deplete, or inhibit previously ingested micronutrients from nourishing your body. Some beverages contain only one of these EMDs, while others can potentially contain all six.

Caffeine

Not a big offender. While it is accepted that caffeine can cause calcium depletion through urination, many scientists believe that adequate calcium consumption can offset this potentially negative effect.

- More than 50% of Americans over age 18 drink coffee every day.
- 70% of the U.S. population is deficient in calcium.
- Most multivitamins contain barely any calcium.

Tannins

When you are savoring your morning coffee or tea, you are not only consuming the first EMD caffeine, but you are also drinking in the second EMD found in this category—tannins. While enjoying a glass of red wine you may not only be sipping in the EMD, alcohol, but that dry, mouth-puckering sensation is letting you know that tannins are also present. Like oxalates and phytates (from our foods category), tannins are naturally occurring molecules that bind with micronutrients in the intestine and decrease their absorption.

Tannins negatively influence iron and calcium absorption, and some studies indicate that magnesium and zinc may also be affected. It is recommended that individuals who are susceptible to iron deficiency avoid tannins at mealtimes, to allow for proper absorption of this essential micronutrient.

Refined White Sugar

In the last twenty years, we have increased sugar consumption in the U.S. from 26 pounds to 135 pounds of sugar per person per year! That is more than one-third of a pound of sugar per person per day. And soda is a major contributor containing approximately 7–10 teaspoons per soda.

Sugar upsets the mineral relationships in your body. It can cause chromium and copper deficiencies and blocks the absorption of calcium and magnesium. For decades, sugar has been responsible for weakening the human immune system. In order to have a healthy immune system your body requires vitamin C. This vitamin C is needed in high doses for your white blood cells to gobble up a bad bacteria or virus.

High Fructose Corn Syrup (HFCS)

It is found in a variety of beverages, including soda, energy drinks, juices, and alcoholic mixers. It acts as an EMD, because in order to use the fructose in high fructose corn syrup, your body must contribute a number of minerals such as chromium, magnesium, zinc, and copper. The more HFCS you consume, the more your body becomes depleted of these essential minerals.\

Phosphoric Acid

Phosphoric acid is mainly found in carbonated soft drinks, carbonated energy drinks, and some flavored waters. This ingredient is a chemical additive often used to help keep the carbonated bubbles from going flat and/or to cut the sweetness of the 7 to 10 teaspoons of sugar found in most non-diet or sugar-sweetened formulas.

In the stomach, hydrochloric acid is needed to help digest our food and absorb micronutrients, especially calcium. Phosphoric acid is known to neutralize hydrochloric acid in our stomachs and bind with calcium and magnesium to form salts, thus prohibiting our body's absorption of both.

Alcohol

Much has been said lately in the newspapers and on television about the potentially positive health benefits of low to moderate drinking. However, along with those benefits you will receive some unpublicized micronutrient-depleting consequences.

After our food is eaten it goes through a digestive process in order to release the essential micronutrients that are trapped inside. To achieve this, the pancreas secretes digestive enzymes to break down the food into usable micronutrients, which makes them available for absorption and utilization. Alcohol inhibits this breakdown of micronutrients by decreasing digestive enzyme secretion. But that's not all. This EMD also impairs absorption of the micronutrients that were made available for absorption by the digestive enzymes, such as thiamine (vitamin B1) and folic acid (vitamin B9). It does this by damaging the cells that line the stomach and intestines, and disabling transport of some micronutrients into the blood.