

ZAMHA

AN INTERESTING PIECE OF INFORMATION

Soft Drinks, Health and Consumer Awareness

Have a look at the ingredients list on your favourite cola bottle and you will find phosphoric acid listed as one of the ingredients.

Minute quantities of ethylene glycol are also used in some beverage-related applications. This substance is commonly known as anti-freeze and has long been a subject of concern in discussions regarding food and beverage safety.

The article raises concerns regarding excessive consumption of cola and other soft drinks and encourages consumers to become more aware of what they are drinking.

Soft drinks typically contain high levels of sugar, acids, colourings and other additives. The article notes that many soft drinks provide little nutritional value in terms of vitamins and minerals.

Many people consume very cold soft drinks with meals. The article argues that extremely cold beverages may affect digestion and place additional stress on the digestive system.

Another concern highlighted is the presence of carbon dioxide in aerated beverages. Consumers are encouraged to think carefully about the quantity of soft drinks they consume.

The article also references reports and demonstrations intended to show the acidic nature of cola beverages and encourages readers to consider healthier alternatives.

Instead of relying heavily on carbonated soft drinks, consumers are encouraged to choose more natural options such as milkshakes, lassi, fruit juices and plain water.

Conclusion

The central message of the article is simple: be informed about what you consume and make healthier choices whenever possible.