

Question

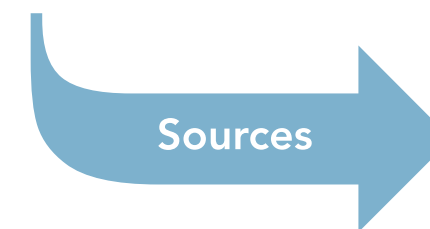
Is it true that toxins in carbonated soft drinks cause the formation of cellulite in people?

Answer

No. Neither carbonated soft drinks, nor any other single food or beverage, is responsible for the problems of overweight and obesity, or the formation of cellulite. Extra weight is gained when you take in more calories than your body burns, no matter where those calories come from. A lack of physical activity and high-fat diets are more likely to make your body store excess fat.

“Cellulite” is the common name for fatty areas on the body with a lumpy appearance. Cellulite is not different from other body fat. Your skin is attached to underlying muscle by strands of connective tissue. As the amount of fat increases, the points where your skin is attached are stretched, causing the appearance of cellulite.

The only way to reduce the appearance of cellulite is to reduce total body fat. Exercise can also change the appearance of some areas of the body by increasing muscle tone.



- Clark N. Nancy Clark's Sports Nutrition Guidebook, Leisure Press, 1990.
- Thomas CD, et al. Nutrient balance and energy expenditure during ad libitum feedings of high-fat and high-carbohydrate diets in humans. *American Journal Clinical Nutrition*, 55:934-942, 1992.