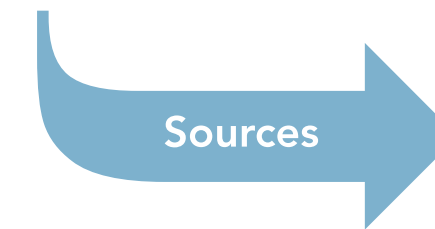


Question

Does drinking carbonated soft drinks cause the formation of kidney stones? I heard that phosphates in soft drinks prevent calcium from being absorbed so it accumulates as stones in organs, is that true?

Answer

No, carbonated soft drinks do not cause kidney stones. A simple and most important lifestyle change to prevent stones is to drink more fluids. All beverages and foods can help with your body's fluid requirements. Besides drinking water, you can also get fluids from juice, milk, coffee, tea, soda, fruits, vegetables, and other foods and beverages. People who are physically active or who live in hot climates may need to drink more fluids.



- Institute of Medicine/National Academy of Sciences. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride and Sulfate. 2004. <http://www.iom.edu/report.asp?id=18495>
- Coca-Cola North America, Myths about kidney stones. http://www2.coca-cola.com/contactus/myths_rumors/packaging_kidney.html