

# Question

Doesn't the sodium in carbonated soft drinks make you retain water?

## Answer

No, the small amount of sodium in soft drinks is unlikely to cause any significant effect in your body. In fact, the sodium content is so small that the U.S. Food and Drug Administration (FDA) classifies most soft drinks as "low sodium" or "very low sodium" foods. Our Coca-Cola brand soft drinks contain less than 35 milligrams of sodium per eight-ounce serving (240 milliliters). Most of the sodium comes from the water used to produce the beverage itself. The total amount of sodium in our soft drinks is only a small percentage of the FDA's daily value for sodium intake.

### Sources

- 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>