

Nutritionists Agree Diet Soda Is Bad News- Here's Why They Still May Recommend It

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Drinking diet soda is not the “free ride” you may have thought it was, but in some cases it’s a stepping stone to a healthier diet.

Is there room for diet soda in your diet?

The effect of diet sodas on the body has been a hotly debated topic for years: Some studies show calorie-free drinks help aid in weight loss, while others claim they increase hunger, leading to overeating and weight gain. But this week, new research has emerged which may place further blame on artificial sweeteners. Scientists found that although synthetic sweeteners contain no calories, they still have the potential to make blood sugar levels rise – which is an issue for people with type 2 diabetes, as well as those trying to lose weight.

So should we all be tossing the diet cola in the garbage? We asked nutrition experts around the country for their take on this controversial subject – and polled them on if or when they'll still recommend diet soda to their clients.

Experts Weigh In on Diet Soda

"If someone is replacing the sugar in their daily cup of tea with an artificial sweetener to save a few calories, that's fine. But the person who foolishly thinks by drinking diet cola with their meal, they now have carte blanche to pig out on dessert? Well that's a problem. Bottom line: Artificial sweeteners should not compose a big part of your daily diet, but if a little diet soda or a small serving of artificially sweetened frozen yogurt will satiate you and prevent you from going wild at the candy store – go right ahead!"

-Franci Cohen MA, personal trainer and certified nutritionist