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Water outsells soda? Is it the start of a trend?

Wednesday, March 27, 2013

"Americans are actually drinking more water than soda for the first time in three decades"

Full article:

foodbeast.com/content/2013/03/12/for-the-first-time-in-nearly-3-decades-water-defeats-soda-as-americas-favorite-beverage/

It was 35 years ago when I decided that I wouldn't drink another calorie (after my morning coffee and OJ), so I was one of those in the vanguard. Unfortunately, until I started tracking food, I didn't lose weight either, although looking back it's probably one reason I didn't gain MORE than 25 lbs.

Given the calorie differential, giving up even one soda per day translates to 10 lbs lost in a year. So in 3 decades I could have gained 30 – 60 extra pounds if I had been drinking soda instead of water and my weight loss journey would have been more difficult. Have I got that right?

The article points out that the soft drink companies are not suffering from the change because they also sell bottled water. That's OK with me. We are a capitalist society after all.

I appreciate the convenience. I have a reusable water bottle which I use to sip water throughout the day when I'm out and about. However, I sometimes run out. I can't carry enough for meals out and I often find myself in locations where I do not feel good about refilling my bottle. So, I buy bottled water in quantity and even individually when needed.

Then there's the recycling issue. I recycle ALL my water bottles. Have there been similar complaints about plastic bottles in landfills aimed at soda bottles? The commercials I've seen only mention water bottles. That's understandable since those are part of the advertising campaign of the water filter companies.

Whatever the motive I'm glad to see healthier choices being promoted.

Note: It was also my personal choice not to consume sugar substitutes, so diet drinks were never an option.

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TENACIOUSTRISH



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BOILHAM

OK water is good for you. It is also almost free from the tap. We're taxed for water usage here in Florida. :)



DW buys the plastic bottles of water by the case. When she's done drinking it, I refill it and reuse it. I've been know to pick through the garbage wash them out and refill them with tap water. I told you I am cheap.

I suppose we're not paying for the 'water' per se, but the packaging and distribution costs, but still, I loathe the idea of paying for water.



3001 days ago



WILSONWR

As a kid, I never thought they would sell water - why buy it when it's free? Even the first bottled water was Evian ("Naive" spelled backwards). While I have my own refillable bottles, I now appreciate the convenience of bottled water when we're travelling. Although I think they are overpriced at the convenience stores, it's pretty reasonable if you just buy a case from the grocery store and keep them in a cooler.

3001 days ago



MISCHAKEO

I have switched from diet soda to water also. I don't like the plastic bottles, but I do recycle them. Interesting trend in the US. I still see many kids drinking soda,.

Way to stay healthy!

3001 days ago



COCK-ROBIN

Good for you! Water is always the best.

3001 days ago



SOPHIEDO13

Unfortunately I like my Cranberry/Limeade which is Sprite and squirts of cranberry and squeezed limes from Sonic they're my down fall. I'm working on limiting them. Water for me when I'm walking.. Thanks for the Blog.

3001 days ago



CAKEMAKERMOM

Most pop doesn't even taste good. I'm not a fan of corn syrup, but I will Jones occasionally, love their green apple! (I don't believe in chemicals either although I'm saddened my green apple is artificially colored.)

3001 days ago



LOLATURTLE

Hopefully it's the start of a trend!

I'm with you - I love my refillable water bottles, but I'm also thankful for the sale of bottled water when I'm out and can't refill, or somewhere I couldn't bring my bottle with me!

I'm loving all the new trends in single-use/recyclable bottles, too. I have seen many types that use less plastic in the bottle and the cap (thinner, smaller cap designs) and the new "plant" bottles which are chemically produced from plant parts rather than fossil fuels. Cool advances in material engineering!

3001 days ago



CD12494098

I'm right there with you on this article. I however took on the 60 pounds of weight from drinking soda and only soda for a long time. Since I have left sugar drinks and never did sugar substitutes, I have started losing weight.

Thank you for sharing this article, spreading the word, and for being environmentally conscious.

3001 days ago



DR1939

It was never a choice for me. I do not like soda of almost any kind. Fanta Orange bottled in Europe is the exception, but that's not readily available. I'm also not a big juice nor milk fan, so water was what was available. My mom never bought pop except for picnics, so I grew up drinking



water. Then I didn't know it was a health issue, now I do. I didn't keep it when my girls were at home, but they both married men who are big pop drinkers. Now one drinks lots and lots, the other is water all the way.
3001 days ago



SLIMMERJESSE
I'm on the same page as you.
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