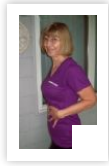


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Coca Cola funds scientists and SURPRISE, diet is NOT the main cause of obesity.

Wednesday, August 12, 2015

Their conclusion is that lack of exercise is the culprit. I'm living proof that you cannot outrun your fork. Yes, move your body more, but I have to RUN one mile to burn 100 calories. That's one chocolate chip cookie!

Here's the article.

www.msn.com/en-us/news/us/coca-cola-funds-scientists-who-shift-blame-for-obesity-away-from-bad-diets/ar-BBIAJBC?ocid=mailsignout

I know that I'm responsible for my own behavior, but why do those with the money and resources have to make things so difficult.

I'm old enough to remember the studies funded by tobacco companies which cast doubt on the dangers of smoking.

On a related topic, there's the bill passed recently by the House of Representatives and awaiting action by the Senate that forbids states from passing laws requiring GMO labeling. Why can't I know what's in my food? Opponents of the bill call it the "DARK" act. (Deny Americans the Right to Know).

I think there's a pattern here.

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CD15641307
AGGGHH



I can stand studies that are funded by people who have something to gain from the results! Whilst I can understand why Scientists may take up the money, everything needs funding after all, why would they think that other scientists are going to accept these results?!

It is predominately your diet that affects your body. You know that, I know that, but so many other people will put their faith in these scientists and carry on feeling bad about their bodies, because they are being told to do something that doesn't have that much of an effect, but they'll be

wondering why it's not working. This really irritates me.
2119 days ago



1STBUCKETITEM



As they always say... "Follow the money!" Of course they'll find some "researcher" to support their bottom line.

We have to stop being a nation that has to "blame others" for our own responsibilities. I know that I have to TRACK every morsel I eat, drop I drink, and each step or fitness minute in order to

consistently lose pounds. When I stop keeping track, it's a step backwards!



2125 days ago



CD14764282



I know a vegan who is about 50 lbs. overweight. She says she doesn't worry because she eats "healthy." Well, I've seen her eat, and her problem isn't diet, it's portion control and lack of exercise. You can definitely become overweight and stay overweight eating healthy if you never move, but the food isn't the problem. It's the abuse of food and sometimes downright laziness that is the problem.

Corporations will pay all day long for bogus research results to support their toxic products. We just have to be smarter than them.

2126 days ago



SEAJESS



public service announcement! My stepfather represented Washington Beef and I can tell you, the effective lobbying the beef industry does to influence public health is staggering. Dairy, too.



Basically, business should NOT directly fund research.



Exercise has wonderful health benefits but sweating like a pig for 30 minutes a day does NOT let you eat like a pig (especially processed foods) for the other 23 1/2 hours in the day!!!

2128 days ago



PHOENIX1949



2129 days ago



MARYJEANSL



Needless to say, I don't trust Coca Cola. Nor did I trust the SP sponsored blogs - sponsored by a beverage manufacturers association, which I'm sure included Coke - saying that diet beverages do lead to weight loss. Not for anyone I know, including myself! Of course, that is just anecdotes, but I honestly trust anecdotes more than I trust a beverage manufacturers association. I was sorry to see SP partner with them.

And I am just *furious* about the DARK Act. Polls have shown that a majority of Americans want to know what is in their food, but Monsanto et. al. (et. al. of course including Coca Cola) have the power of the purse and can, sadly, buy votes, even the votes of pro-life conservatives, with whom I often agree.

2129 days ago



PHEBESS



I think we're all different. I maintain my weight just fine with nutrition - but if I want to LOSE I need to increase my cardio. (If I decrease my nutrition, my body just adapts to less food, and still maintains.)

Not everyone is like that, though.

And I'm pretty sure I don't trust Coca Cola, no matter which way they go on a "study."

2129 days ago



BARBARAJ73



Thanks for sharing. I too am very suspect of "sponsored" research - in fact I recently blogged about it when I read an article here on SP sponsored by the American Beverage Association.



... at approx. 100 calories a mile I will never be able to "walk off" a calorie-laden meal...
2129 days ago



ONEKIDSMOM

For me, too, the trick is self-honesty. Don't trust the advertisements and "research" funded by sales motives. Read, experiment with your body, and recognize what your own base metabolic rate is: and TRACK, TRACK, TRACK!

Because that's the only way to move from the "statistical" to the "personal". We CAN do this, and we ARE doing it! We are the maintenance team... and we are WORTH doing what we need to do to live fit and free!



2129 days ago



CD4114015

IYIYI the bottom line (for me) is, I have to be responsible for MY body and what goes into it and how I achieve health and finding out for me WHAT is IN the FOODS I eat. I DO NOT in any way, shape or form trust ANY government EXCEPT the government of my Lord! It's gotten to be a scary world indeed and it's not showing signs of getting better and you and I are the same ages so I see you know that too! I agree with WATERMELLEN

Gaaaaaaahhhh
hh!
2129 days ago



MISCHAKEO

I think due to dropping profits, the Coke company is attempting to down play the role of calories from their sugar drinks. It is too bad that Dr. Hill from the National Weight Control Registry could not receive funding and turned toward business. I am with you. You cannot out run your fork.

Thanks for an interesting article.
2129 days ago



GINIEMIE

Really! What a bunch of hooley! We had a lot fewer obese people before fast foods, and sodas were so prominent. Eating well means healthy living. Oding on sugar or fat is not healthy. My niece put a thing on FB indicating if salads were the price of burgers maybe more people would choose them. A dollar burger vs a \$7 salad.... if you're hungry, not prepared and on a tight budget....
I always get water and am allergic to diet coke so I'm cool. Haven't had a real coke in 25- 30 years.



2129 days ago



LIVEDAILY

When money becomes involved, simple science is no longer simple. SP offers a wonderful tool called CICO. Calories In, Calories Out. To lose weight, you have to expend (burn off, exercise, move more) more calories than you take in (eat, consume).
2129 days ago



NELLJONES

I remember when the sugar industry funded the study that showed that cyclamates caused cancer, and they were banned in 1969. Wrong, of course. The artificial sweetener industry lost a lot of money (and we were stuck with saccharine) before the study was debunked.
2129 days ago



MILLEDGE2

Watermellen (other Sparkfriend) said it best! But when we don't really want to face the truth, we all welcome "studies" that justify our unhealthy behavior. Maybe the Coca Cola people are afraid drinking sweetened soft drinks will become as frowned upon as smoking now is!

2129 days ago



WATERMELLEN

Exercise is great for cardio fitness, toning, flexibility, mood management (those cheerful endorphins!!): but I absolutely know that controlling my weight depends upon controlling my nutrition intake.

Gahhh!!
2130 days ago



NUTRON3



2130 days ago



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